

Update 2

Saturday, 21 November 2009

I just got back from the psychiatrist and he added Lorazepam (Ativan) to my meds. He said I could take it up to 3 times a day. I'm picking it up from the pharmacy tomorrow and starting with one a day. He said it will help with my feeling anxious all the time. I just hope it doesn't make me feel loopy and tired.

As I've stated before I was on Xanax for three years but I only took one pill at night. I never had any withdrawal symptoms when I quit taking it though so I have good feelings about starting the Ativan.

Here's to positive thinking!