

What is this medicine for?

Zolpidem is mainly used for short-term treatment of insomnia (difficulty in sleeping). It helps you get to sleep faster and sleep through the night.

Before using this medicine:

Tell your doctor if you have or have ever had alcohol or drug abuse; lung, liver or kidney disease; depression; or sleep apnoea (temporary stopping of breathing during sleep).

FOR WOMEN: Tell your doctor if you are pregnant, plan to become pregnant, or are breast-feeding.

How to use this medicine?

Follow the directions on your medicine label and take the medicine exactly as directed. Do not take more of it, or take it more often or for a longer time than prescribed by your doctor.

Zolpidem should be taken just before going to bed, when you are ready to sleep. Do not take this medicine when your schedule does not allow you to get to sleep for 7-8 hours.

For faster sleep onset, do not take with or immediately after food.

If you feel that the medicine is not working well, consult your doctor.

Precautions while taking this medicine:

- This medicine may make you drowsy or less alert. Do not drive or operate machinery if affected. Avoid alcohol as it can add to the drowsiness.
- Dependence on this medicine can be prevented when it is taken for short-term (between 2 to 4 weeks) at the lowest effective dose, and taken intermittently (for example, 1 night in 2 or 3 nights) for the relief of insomnia.
- When you take this medicine with some other medicines, it may affect how they work. Be sure that you tell all doctors, pharmacists, dentists and other health care providers who treat you about all medicines and natural remedies you are taking.

What should I do if I forget a dose?

If you forget a dose and you are unable to fall asleep, you may take your dose if you will be able to remain in bed for 7-8 hours afterward.

Do not take two doses at the same time to make up for a missed one.

Possible Side Effects:

Like all medications, this medication may also cause some POSSIBLE side effects in some people. Everyone responds differently to medications; so not everyone experiences any or all of them.

COMMON (Generally affect up to 10% of patients)

Most of these side effects below will get better or go away completely with continued medication taking as your body gets used to this medication. Contact your doctor or pharmacist should they become too bothersome to you.

- ~ Drowsiness or daytime sleepiness
- ~ Dizziness or light-headedness
- ~ Headache
- ~ Nausea or vomiting
- ~ Stomach discomfort
- ~ Clumsiness or unsteadiness

FOR URGENT ATTENTION

Check with your doctor as soon as possible if you have any of the following:

- ~ Allergic reaction: Skin rash or itching, swelling of the eyes, face, lips, or difficulty in breathing
- ~ Memory loss of recent events
- ~ Abnormal thinking or changes in behaviour
- ~ Unusual excitement, nervousness, irritability or agitation
- ~ Unusual behaviour or activities while partially asleep
- ~ Confusion
- ~ Fast, slow or irregular heartbeat
- ~ Problems with eyesight
- ~ Fainting
- ~ Falling

If you have any concerns about your medications or if you have other side effects that you think are caused by this medicine, please consult with your doctor or pharmacist.

Where should I store the medicine?

Store this medicine at room temperature, away from direct light, heat and moisture (not in the bathroom) and out of reach of children. Throw away any medication that is expired or no longer needed.

Do not share the medicine with other people.

Ask your doctor or pharmacist for more information or if you have any questions.

Institute of Mental Health

Pharmacy Department
10 Buangkok View
Singapore 539747

For medication enquiries: (during office hours)

IMH Clinic B/ Sayang Wellness Pharmacy: 63892077

IMH Clinic C (NAMS) Pharmacy: 63893666

Community Wellness Centre Pharmacy: 64715797

Geylang Behavioural Medicine Pharmacy: 67461724

Child Guidance Clinic (HPB) Pharmacy: 64353807

Child Guidance (Sunrise Wing) Pharmacy: 63892410

Email: enquiry@imh.com.sg



Patient Information Leaflet on

Zolpidem