PATIENT & CAREGIVER EDUCATION

Zopiclone

This information from Lexicomp® explains what you need to know about this medication, including what it's used for, how to take it, its side effects, and when to call your healthcare provider.

Brand Names: Canada

ACT Zopiclone; AG-Zopiclone; APO-Zopiclone; BIO-Zopiclone; DOM-Zopiclone; Imovane; JAMP-Zopiclone; M-Zopiclone; Mar-Zopiclone; MINT-Zopiclone; NRA-Zopiclone; PMS-Zopiclone; PRO-Zopiclone; RATIO-Zopiclone [DSC]; RIVA-Zopiclone; SANDOZ Zopiclone [DSC]; TARO-Zopiclone; TEVA-Zopiclone

Warning

- This drug can put you at risk for addiction, abuse, and misuse. Misuse or abuse of this drug can lead to overdose or death, especially when used along with certain other drugs, alcohol, or street drugs. Addiction can happen even if you take this drug as your doctor has told you. Get medical help right away if you have changes in mood or behavior,

suicidal thoughts or actions, seizures, or trouble breathing.

- You will be watched closely to make sure you do not misuse, abuse, or become addicted to this drug.
- The use of this drug along with opioid drugs has led to very bad side effects. Side effects that have happened include slow breathing, trouble breathing, and death. Opioid drugs include drugs like codeine, oxycodone, and morphine. Opioid drugs are used to treat pain and some are used to treat cough. Talk with the doctor.
- If you are taking this drug with an opioid drug, get medical help right away if you feel very sleepy or dizzy; if you have slow, shallow, or trouble breathing; or if you pass out. Caregivers or others need to get medical help right away if the patient does not respond, does not answer or react like normal, or will not wake up.
- Some people taking this drug have done things like sleepwalking, sleep driving, making and eating food, having sex, or other actions while not fully awake. Rarely, this has led to severe injuries or death. Most of the time people do not remember doing these things. If this happens, stop taking this

drug and tell your doctor right away.

- This drug may lead to dependence. Lowering the dose or stopping this drug all of a sudden may cause withdrawal. This can be life-threatening. The risk of dependence and withdrawal are raised the longer you take this drug and the higher the dose. Talk to your doctor before you lower the dose or stop this drug. You will need to follow your doctor's instructions. Get medical help right away if you have trouble controlling body movements, seizures, new or worse behavior or mood changes like depression or thoughts of suicide, thoughts of harming someone, hallucinations (seeing or hearing things that are not there), losing contact with reality, moving around or talking a lot, or any other bad effects.

What is this drug used for?

- It is used to treat sleep problems.

What do I need to tell my doctor BEFORE I take this drug?

- If you are allergic to this drug; any part of this drug; or any other drugs, foods, or substances. Tell your

doctor about the allergy and what signs you had.

- If you have any of these health problems: Liver problems, lung or breathing problems like sleep apnea, or myasthenia gravis.
- If you are lactose intolerant or have certain rare hereditary health problems like galactosemia or glucose-galactose malabsorption. Certain strengths of this drug have lactose. Talk with your doctor.
- If you have taken this drug or a drug like this one in the past and have done any tasks or actions while not fully awake.
- If you are taking any drugs or natural products used for sleep. There are many products used for sleep. Ask your doctor or pharmacist if you are not sure.
- If you are pregnant or may be pregnant. Do not take this drug if you are pregnant.
- If you are breast-feeding. Do not breast-feed while you take this drug.
- If the patient is a child. Do not give this drug to a child.

This is not a list of all drugs or health problems that interact with this drug.

Tell your doctor and pharmacist about all of your drugs

(prescription or OTC, natural products, vitamins) and health problems. You must check to make sure that it is safe for you to take this drug with all of your drugs and health problems. Do not start, stop, or change the dose of any drug without checking with your doctor.

What are some things I need to know or do while I take this drug?

- Tell all of your health care providers that you take this drug. This includes your doctors, nurses, pharmacists, and dentists.
- Do not take this drug for longer than you were told by your doctor.
- Do not take more than what your doctor told you to take. Taking more than you are told may raise your chance of very bad side effects.
- When sleep drugs are used nightly for more than a few weeks, they may not work as well to help sleep problems. This is known as tolerance. Only use sleep drugs for a short time. If sleep problems last, call the doctor.
- Do not take naps.
- Avoid driving and doing other tasks or actions that call for you to be alert after you take this drug. You may still feel sleepy the day after you take this drug.

Avoid these tasks or actions until you feel fully awake.

- Wait at least 12 hours after taking your dose to drive or do other tasks or actions that call for you to be alert, even if you feel fully awake. Talk with your doctor.
- Avoid alcohol while taking this drug. Do not take this drug if you drank alcohol that evening or before bed.
- Talk with your doctor before you use marijuana, other forms of cannabis, or prescription or OTC drugs that may slow your actions.
- Do not take this drug unless you can get a full night’s sleep (at least 7 to 8 hours) before you need to be active again.
- When you stop this drug, you may have trouble sleeping for a few nights. Most of the time, this goes away. Talk to your doctor if it goes on or if you have questions.
- This drug may make you feel sleepy, dizzy, or lose your balance. This has led to falls and broken bones. The chance of falling is higher in people who drink alcohol, people who take other drugs that may also have these effects, and in older people. If you have questions, talk with the doctor.
- If you are 65 or older, use this drug with care. You

could have more side effects.

- This drug may cause harm to the unborn baby if you take it while you are pregnant. If you are pregnant or you get pregnant while taking this drug, call your doctor right away.

What are some side effects that I need to call my doctor about right away?

WARNING/CAUTION: Even though it may be rare, some people may have very bad and sometimes deadly side effects when taking a drug. Tell your doctor or get medical help right away if you have any of the following signs or symptoms that may be related to a very bad side effect:

- Signs of an allergic reaction, like rash; hives; itching; red, swollen, blistered, or peeling skin with or without fever; wheezing; tightness in the chest or throat; trouble breathing, swallowing, or talking; unusual hoarseness; or swelling of the mouth, face, lips, tongue, or throat.
- Signs of depression, thoughts of suicide, nervousness, emotional ups and downs, thinking that is not normal, anxiety, or lack of interest in life.
- Behavior problems.
- Hallucinations (seeing or hearing things that are not

there).

- Memory problems or loss.
- Bad dreams.
- Restlessness.
- Feeling confused.
- Change in balance.
- Lower muscle tone.
- Change in speech.
- Not able to focus.
- Severe upset stomach or throwing up.

What are some other side effects of this drug?

All drugs may cause side effects. However, many people have no side effects or only have minor side effects. Call your doctor or get medical help if any of these side effects or any other side effects bother you or do not go away:

- Feeling sleepy the next day.
- Feeling dizzy, tired, or weak.
- Feeling sluggish, drunk, or out of sorts.
- Bad breath.
- Bad taste in your mouth.

- Appetite changes.
- Coated tongue.
- Constipation.
- Dry mouth.
- Feeling nervous and excitable.

These are not all of the side effects that may occur. If you have questions about side effects, call your doctor. Call your doctor for medical advice about side effects.

You may report side effects to your national health agency.

You may report side effects to the FDA at 1-800-332-1088. You may also report side effects at https://www.fda.gov/medwatch.

How is this drug best taken?

Use this drug as ordered by your doctor. Read all information given to you. Follow all instructions closely.

- Take this drug at bedtime.
- Take this drug right before you get into bed.
- If you still have trouble sleeping after 7 to 10 days, call your doctor.

What do I do if I miss a dose?

- Skip the missed dose and go back to your normal time.
- Do not take 2 doses at the same time or extra doses.
- Many times this drug is taken on an as needed basis. Do not take more often than told by the doctor.

How do I store and/or throw out this drug?

- Store at room temperature protected from light. Store in a dry place. Do not store in a bathroom.
- Store this drug in a safe place where children cannot see or reach it, and where other people cannot get to it. A locked box or area may help keep this drug safe. Keep all drugs away from pets.
- Throw away unused or expired drugs. Do not flush down a toilet or pour down a drain unless you are told to do so. Check with your pharmacist if you have questions about the best way to throw out drugs. There may be drug take-back programs in your area.

General drug facts

- If your symptoms or health problems do not get better or if they become worse, call your doctor.
- Do not share your drugs with others and do not take

anyone else’s drugs.

- Some drugs may have another patient information leaflet. If you have any questions about this drug, please talk with your doctor, nurse, pharmacist, or other health care provider.
- Some drugs may have another patient information leaflet. Check with your pharmacist. If you have any questions about this drug, please talk with your doctor, nurse, pharmacist, or other health care provider.
- If you think there has been an overdose, call your poison control center or get medical care right away. Be ready to tell or show what was taken, how much, and when it happened.

Consumer Information Use and Disclaimer

This generalized information is a limited summary of diagnosis, treatment, and/or medication information. It is not meant to be comprehensive and should be used as a tool to help the user understand and/or assess potential diagnostic and treatment options. It does NOT include all information about conditions, treatments, medications, side effects, or risks that may apply to a specific patient. It is not intended to be medical advice or a substitute for the medical advice, diagnosis, or treatment of a health care provider based on the health

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If you have any questions, contact a member of your care team directly. If you're a patient at MSK and you need to reach a provider after 5 p.m., during the weekend, or on a holiday, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.

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