Temazepam tablets or capsules
MEDICATION GUIDE

NOTE: This sheet is a summary. It may not cover all possible information. If you have questions about this medicine talk to your doctor, pharmacist, or health care provider.

What is this medicine?
TEMAZEPAM (te MAZ e pam) is a benzodiazepine. It is used to help you to fall asleep and sleep through the night.

This medicine may be used for other purposes; ask your health care provider or pharmacist if you have questions.

How should I use this medicine?
Take this medicine by mouth. It is only for use at bedtime. Follow the directions on the prescription label. Swallow the tablets or capsules with a drink of water. If it upsets your stomach, take it with food or milk. Do not take your medicine more often than directed. Do not stop taking except on the advice of your doctor or health care professional.

A special MedGuide will be given to you by the pharmacist with each prescription and refill. Be sure to read this information carefully each time.

Talk to your pediatrician regarding the use of this medicine in children. Special care may be needed.

Overdosage: If you think you have taken too much of this medicine contact a poison control center or emergency room at once.

NOTE: This medicine is only for you. Do not share this medicine with others.

What if I miss a dose?
If you miss a dose, take it as soon as you can. If it is almost time for your next dose, take only that dose. Do not take double or extra doses.

What should I tell my health care provider before I take this medicine?
They need to know if you have any of these conditions:
• An alcohol or drug abuse problem
• Bipolar disorder, depression, psychosis or other mental health condition
• Kidney disease
• Liver disease
• Lung or breathing disease
• Myasthenia gravis
• Parkinson’s disease
• Porphyria
• Seizures or a history of seizures
• Suicidal thoughts
• An unusual or allergic reaction to temazepam, other benzodiazepines, other medicines, foods, dyes, or preservatives
• Pregnant or trying to get pregnant
• Breast-feeding

What may interact with this medicine?
• Barbiturate medicines for inducing sleep or treating seizures, like phenobarbital
• Herbal or dietary supplements, like kava kava, melatonin, or valerian
• Medicines for anxiety or sleeping problems, like alprazolam, diazepam, lorazepam or triazolam
• Medicines for depression, mental problems or psychiatric disturbances
• Phenytoin
• Prescription pain medicines

This list may not describe all possible interactions. Give your health care provider a list of all the medicines, herbs, non-prescription drugs, or dietary supplements you use. Also tell them if you smoke, drink alcohol, or use illegal drugs. Some items may interact with your medicine.

What side effects may I notice from receiving this medicine?
Side effects that you should report to your doctor or health care professional as soon as possible:
• Allergic reactions like skin rash, itching or hives, swelling of
the face, lips, or tongue
• Confusion
• Depression
• Feeling faint or lightheaded
• Hallucinations
• Memory loss
• Mood changes, excitability or aggressive behavior
• Muscle cramps
• Problems with balance, speaking, walking
• Suicidal thoughts
• Tremors
• Unusually weak or tired
• Unusual activities while asleep like driving, eating, making phone calls
Side effects that usually do not require medical attention (report to your doctor or health care professional if they continue or are bothersome):
• Dizziness, drowsiness
• Headache
• Increased dreaming
• Nausea, vomiting

This list may not describe all possible side effects. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

What should I watch for while using this medicine?
Visit your doctor or health care professional for regular checks on your progress. This medicine is for short-term periods of use. If sleep medicine is taken every night for a long time it may no longer help you to sleep. Your body can become dependent on this medicine, ask your doctor or health care professional if you still need to take it. However, if you have been taking this medicine regularly for some time, do not suddenly stop taking it. You must gradually reduce the dose or you may get severe side effects. Ask your doctor or health care professional for advice.

Do not take this medicine unless you are able to get a full night’s sleep before you must be active again. You may not be able to remember things that you do in the hours after you take this medicine. Some people have reported driving, making phone calls, or preparing and eating food while asleep after taking sleep medicine. Take this medicine right before going to sleep. Tell your doctor if you are have any problems with your memory.

You may get drowsy or dizzy. Do not drive, use machinery, or do anything that needs mental alertness until you know how this medicine affects you. Do not stand or sit up quickly, especially if you are an older patient. This reduces the risk of dizzy or fainting spells. Alcohol may interfere with the effect of this medicine. Avoid alcoholic drinks.

Do not treat yourself for coughs, colds or allergies without asking your doctor or health care professional for advice.

Where should I keep my medicine?
Keep out of the reach of children. This medicine can be abused. Keep your medicine in a safe place to protect it from theft. Do not share this medicine with anyone. Selling or giving away this medicine is dangerous and against the law.

Store at room temperature below 30 degrees C (86 degrees F). Protect from light. Keep container tightly closed. Throw away any unused medicine after the expiration date.

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