

## ZOPICLONE

*zop-ih-klone*

### What does it do?

*Zopiclone* is used to help you sleep.

### Before you start

- Tell your doctor if you have liver problems or sleep apnoea.
- Tell your doctor if you are pregnant, planning to become pregnant, or breastfeeding.

### How should you take it?

Take *zopiclone* as directed with a glass of water just before you go to bed.

### What if you forget a dose?

Should an occasional dose be missed it need not be taken later.

### Can you take other medicines?

Some medicines available without a prescription may react with *zopiclone* including:

- some antihistamines (may be in anti-allergy, anti-nausea and cough/cold medicines)

Tell your pharmacist or doctor about all medicines or treatments that you may be taking, including vitamins, herbal products (e.g. St John's wort, valerian) or recreational drugs.

### What side effects might you notice?

| Side Effects  | Recommended action              |
|---|---------------------------------|
| Mood changes, agitation, unusual behaviour or thinking, loss of coordination, confusion, memory loss, trouble concentrating | Tell your doctor                |
| Drowsiness, dizziness, headache<br>Metallic taste, dry mouth, stomach upset   | Tell your doctor if troublesome |

If you notice any other effects, discuss them with your doctor or pharmacist.

### Other information:

- *Zopiclone* can impair your ability to do tasks such as driving or using machines. Alcohol makes this worse. Discuss your risk with your health professional. (search NZTA - Are you safe to drive?)
- If you still feel sleepy the next day, do not drive or operate machinery.
- *Zopiclone* may be addictive with long-term use.
- If you have been taking *zopiclone* regularly for a long time, do not stop taking it suddenly without talking to your doctor.
- Sleep problems commonly occur when *zopiclone* is stopped. It may take several weeks for these to improve.
- Caffeine-containing drinks (e.g. coffee, cola, tea) may reduce the effect of *zopiclone*. Discuss with your doctor.