

Temazepam (pron. tem-azzy-pam)

What is temazepam used for?

Temazepam is usually used to help treat insomnia i.e. problems getting to sleep. It is made as tablets and a syrup.

What is the usual dose of temazepam?

The usual dose of temazepam is around 10mg at bedtime.

How and when should I take temazepam?

Swallow the tablet with at least half a glass of water whilst sitting or standing. This is to make sure that it reaches the stomach and does not stick in your throat. For the liquid, use a medicine spoon or oral syringe. Take your temazepam at night, about 15 minutes before going to bed. There is no problem about taking temazepam before, with, or after food.

How long will it be before temazepam works?

Temazepam usually starts to work in about an hour. The effect wears off in about 4-6 hours or so.

How long will I need to keep taking temazepam for?

It is not a good idea to take it every night as the effect may start to wear off.

Can I stop taking temazepam suddenly?

Temazepam is not addictive as such, although some people have abused them. Some people get something called "rebound insomnia" when they stop a sleeping tablet. This means they find it even more difficult to get to sleep than before. It is best to take temazepam only when you need it but if you have taken it every night for more than a few weeks, it might be best to reduce the dose slowly over a few days. You should discuss this fully with your doctor, nurse or pharmacist.

What should I do if I forget to take a dose of temazepam?

If you forget a dose one night, just wait until the next evening.

Can I drink alcohol while I am taking temazepam?

If you drink alcohol while taking temazepam it may make you feel more sleepy, especially the next morning. This is particularly important if you need to drive or operate machinery and you must seek advice on this.

What sort of side-effects might I get if I am taking temazepam?

Most people get:	A few people get:	A very few people get:
<ul style="list-style-type: none"> • Hangover the next morning • Feeling tired the next day • Dizziness 	<ul style="list-style-type: none"> • Feeling unsteady on your feet the next day 	<ul style="list-style-type: none"> • Confusion • Skin rash

Do not be worried by this list of side effects. Some people get no side effects at all and others may get some effects that are not listed here. If you think you might have a side effect to your medicine, you should ask your doctor, nurse or pharmacist.

Can I drive or cycle while I am taking temazepam?

Temazepam should not affect your ability to drive, but it can cause a little dizziness and lightheadedness. You should be careful as it may slow down your reaction times. Until you know how temazepam affects you, be careful about driving or operating machinery.

The small print: This short leaflet is to help you understand about your medicine. You should also read the manufacturer's Patient Information Leaflet (PIL) or visit our website for more information. Do not share medicines with anyone else.