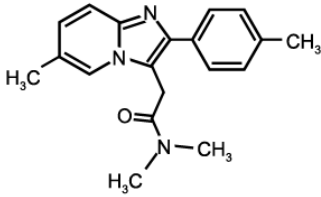


Zolpidem (pron. zol-pea-dem)



What is zolpidem?

Zolpidem (also known as Stilnoct[®]) is mainly used to help treat insomnia i.e. not being able to get to sleep or not being able to stay asleep. It is one of a number of medicines called "hypnotics" and is sometimes called a "Z hypnotic" for obvious reasons.

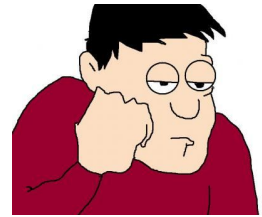
What does zolpidem help?

You can have problems getting to sleep for lots of reasons e.g. feeling low, feeling high, your mind being too active or being very anxious or worrying about things. Zolpidem can help you get to sleep. It won't solve the problems but at least you'll have a chance of getting enough sleep. That will help you face the problems.



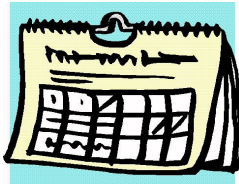
How and when should I take zolpidem?

Swallow the tablets with at least half a glass of water whilst sitting or standing. This is to make sure that they reach the stomach and do not stick in your throat. Take your zolpidem at bedtime, as you go to bed. There is no problem about taking zolpidem with or after food.



How long will I have to wait before it works?

Zolpidem usually starts to work in about 10-15 minutes. The effect wears off in about 2 hours or so.

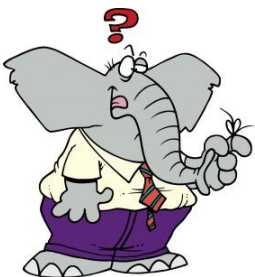


How long will I need to keep taking zolpidem for?

Talk about this to your carer. It is not a good idea to take it every night as the effect may start to wear off.

Can I stop taking zolpidem suddenly?

Some people get something called "rebound insomnia" when they stop a hypnotic. This means they find it even more difficult to get to sleep than before. It is best to take zolpidem 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 could discuss this fully with your doctor, nurse or pharmacist.



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

This is not really a problem.

Can I cycle or drive while I am taking zolpidem?

You may feel a bit light-headed or drowsy the next morning after taking zolpidem. Until this wears off, or you know how zolpidem affects you, be careful cycling and, if you are old enough, do not drive or operate machinery.



What sort of side-effects might I get with zolpidem?

The table below will show you some of the main side effects you might get from zolpidem, and what you can do about them. Zolpidem does not have many common side effects, so most of these here are rare ones.

 <p>Sleepiness Feeling sleepy or dozy the next morning. This can last for a few hours or longer after taking a dose. Don't drive, cycle or use machinery.</p>	 <p>Headache. If your head is painful, paracetamol usually helps.</p>
 <p>Unpleasant dreams. This probably means your dose is too high. Talk to your doctor about this</p>	 <p>Hallucinations. You see or hear things that are not there. This probably means your dose is too high. Talk to your doctor about this.</p>

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 in this table. If you think you might have a side effect to your medicine, you should ask your doctor, nurse or pharmacist. If you want to know more, go to our website for links to other websites with more information.

The small print: This leaflet is to help you understand about your medicine. You should also read the manufacturer's Patient Information Leaflet (PIL). You may find lots more on the internet but beware as internet-based information is not always accurate. Do not share medicines with anyone else. Go to our website for fuller answers to these and many other questions e.g. driving, women's health, how it works, doses and interactions, and about the conditions. The "Handy charts" will help you compare the main medicines for each condition, how they work and their side effects.