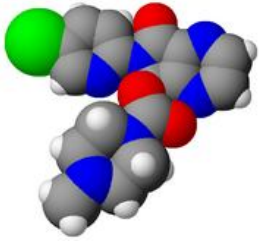


Zopiclone (pron. zo-pea-clone)



What is zopiclone?

Zopiclone (also known as Zimovane[®]) 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 zopiclone 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. Zopiclone 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.

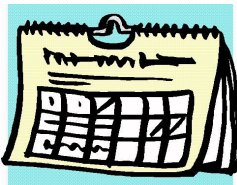
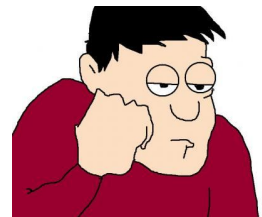


How and when should I take zopiclone?

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 zopiclone at bedtime, about 15 minutes or so before you want to go to sleep. There is no problem about taking zopiclone with or after food.

How long will I have to wait before it works?

Zopiclone usually starts to work in about an hour. The effect wears off in about 4-8 hours or so.

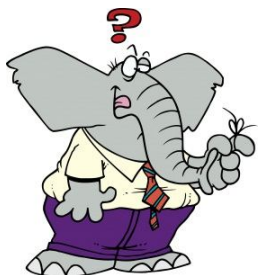


How long will I need to keep taking zopiclone for?

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 zopiclone 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 zopiclone 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 zopiclone?

This is not really a problem. If you can't sleep, remember the effect can make you sleepy the next morning so it is best not to take zopiclone after about midnight.





Can I cycle or drive while I am taking zopiclone?

You may feel a bit light-headed or drowsy the next morning after taking zopiclone. Until this wears off, or you know how zopiclone 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 zopiclone?

The table below will show you some of the main side effects you might get from zopiclone, and what you can do about them. The more common ones are near the top of the list.

 <p>Metallic taste in the mouth. You get an odd bitter taste, like you had just sucked some metal or had a filling put in by a dentist. This should wear off in a week or so. It is not harmful. Try taking it with some food.</p>	 <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>Confusion. Your mind is all mixed up. Your dose may be too high. Contact your doctor now.</p>	 <p>Headache. If your head is painful, paracetamol usually helps.</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.