

Temazepam (Restoril®)

ALAMEDA COUNTY BEHAVIORAL HEALTH CARE SERVICES

Client's Name _____ Date _____

Initial Medication Instructions _____

What does this medication help to treat?

- Short-term relief of insomnia (helps you stay asleep)

Temazepam is sometimes prescribed for other uses; ask your prescriber for more information.

Other Information

- The effects of temazepam usually occur within 1 or 2 hours of taking the medication.
- Temazepam can be habit-forming. Do not take a larger dose, take it more often or for a longer time than your prescriber tells you to.
- Tolerance may develop with long-term or excessive use, making the medication less effective.
- Do not take temazepam for more than 5 weeks or stop taking this medication without talking to your prescriber. Stopping the medication suddenly can worsen your condition and cause withdrawal symptoms (anxiousness, sleeplessness and irritability).
- When discontinuing therapy after 2-4 weeks of nightly use, the dose should be decreased gradually over time as determined by your prescriber.
- Pregnancy: temazepam has been shown to have adverse effects on embryo/fetal and postnatal development. Tell your prescriber if you are pregnant or plan to become pregnant and use an effective form of birth control to keep from getting pregnant. If you think you have become pregnant while taking this medication, call your prescriber immediately.
- Lactation: temazepam is excreted in the milk of lactating women. Talk to your prescriber if you are breast-feeding.

Side Effects and Management

Uncommon (~1 to 10 in 100 clients on this medication)

Drowsiness	Take at bedtime.
Headache	You may take an over-the-counter pain reliever.
Dizziness	Get up slowly, and dangle your feet when rising from a chair, talk to your prescriber.
Hangover effect (Grogginess)	Take earlier in the evening
Diarrhea	Drink lots of fluids. Talk to your prescriber.
Muscle weakness	Take right before retiring to bed.
Loss of coordination, blurred vision	Talk to your prescriber.
Excessive sweating	
Memory Disturbances	
Changes in your sex drive or ability	

Rare (less than 1 in 100 clients on this medication)

Call your prescriber if you experience any of these:

References: Clinical Pharmacology, LexiComp 2011

- Amnesia
- Vomiting
- Sleep-related behavior (driving while asleep, making phone calls, preparing and eating food during the night)

Note: This information is not intended to cover all possible uses, precautions, interactions or adverse effects for this medication. If you have further questions about the medications you are taking check with your health care professional.