

Zolpidem (Ambien®)

ALAMEDA COUNTY BEHAVIORAL HEALTH CARE SERVICES

Client's Name _____ Date _____

Initial Medication Instructions _____

What does this medication help to treat?

- Short term management of insomnia (helps you fall asleep and stay asleep)

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

Other Information

- The effects of Ambien usually occur within 10-30 minutes of taking the medication and last 6-8 hours.
 - Ambien works best if taken on an empty stomach.
 - Ambien can be habit-forming. Do not take a higher dose, take it more often or for a longer time than your prescriber tells you to.
 - Talk to your prescriber about continued use.
 - Only take this medicine if you can rest for 7-8 hours before being active again.
- Ambien is given for when you cannot sleep, you do not need to keep a schedule for taking it, and never take two doses at the same time.

Side Effects and Management

Common (greater than 10 in 100 clients on this medication)

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.
Nausea	Take with a light low-fat snack.
Diarrhea	Talk to your prescriber about lowering your dose.
Dry Mouth	Suck on sugarless gum or candy or melt bits of ice in your mouth. Call your prescriber if your mouth feels dry for more than 2 weeks.
Constipation	Drink plenty of water and increase fiber in your diet. Consult with your prescriber or pharmacist about other treatments.
Abnormal dreams	Talk to your prescriber.
Palpitations	
Memory disturbances	

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

Call your prescriber if you experience any of these:

- Confusion
- Depression
- Falls
- Impaired concentration
- Manic reaction

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

References: Clinical Pharmacology, LexiComp 2011

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.