

# ESZOPICLONE

## TRANSCRIPT (page 1 of 3)

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If you have insomnia, which means you have trouble sleeping, you may be prescribed Eszopiclone. You may also be familiar with its brand name, Lunesta. Eszopiclone is a high alert medication, which means if you do not take it exactly as prescribed it may cause illness or injury.

To understand how Eszopiclone works, let's look at what happens in your body when you are trying to sleep.

Your brain is constantly firing information and messages to the rest of your body, telling you what to think, what to feel and what to do. When you are ready to sleep, the messages being fired in your brain slow down allowing you to fall asleep. But when you have insomnia, your brain cannot slow down the messages, and you stay awake.

Eszopiclone enhances a chemical in the brain called GABA, which helps calm down the signals that are firing in your brain so you can fall asleep.

Eszopiclone comes in a tablet. Doses come in either: 1 mg, 2 mg, or 3 mg tablets. Do not take more than 3 mg of Eszopiclone at one time. Your healthcare provider will decide how much you need to take and how best to take it.

Eszopiclone is a powerful medication. Some people should not take it. Do not take Eszopiclone if you are allergic to the ingredients in it.

If you are pregnant, planning to get pregnant, or are breastfeeding tell your healthcare provider before taking Eszopiclone. A different medication may be safer for you and your baby.

Before taking Eszopiclone, tell your healthcare provider if you have a history of: liver disease, asthma or other breathing problems, sleep apnea, or depression.

Eszopiclone can be highly addictive. If you have a history of abuse of: street drugs, prescription medications or alcohol, tell your healthcare provider. There may be a different medication available for you.

Before taking Eszopiclone, give your healthcare provider a complete list of all other medications you use, including vitamins and herbal supplements.

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# ESZOPICLONE

## TRANSCRIPT (page 2 of 3)

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Some side effects of Eszopiclone include: feeling tired in the daytime, dizziness, poor concentration, trouble with memory, anxiety, depression, nausea, constipation, dry mouth, headache, mild skin rash, and an unpleasant taste in your mouth.

If you do notice any of these side effects, contact your healthcare provider about how to manage them.

Be aware that you are at an increased risk of falling while taking Eszopiclone. Get up from a sitting or lying position slowly.

Make sure you are fully awake before you drive or operate heavy machinery, including your car, while taking Eszopiclone.

Be aware that alcohol can increase some side effects of Eszopiclone.

When taking Eszopiclone, you may do things you don't remember doing such as sleep eating or sleep walking. If this happens to you, stop taking Eszopiclone and call your healthcare provider.

If you have an allergic reaction like: trouble breathing, hives, or swelling of your face or throat; call 911.

If you have: hallucinations, mood or behavior changes, or thoughts of hurting yourself or others, call your healthcare provider right away.

This is not the complete list of side effects. Make sure you discuss all possible side effects with your healthcare provider.

Take Eszopiclone exactly as prescribed. Do not change your dose or take it for longer than prescribed.

Eszopiclone is usually taken before bed. Make sure you get a full 7 to 8 hours of sleep when taking it.

If you miss a dose, take your Eszopiclone as soon as possible.

Do not double dose. If you think you have taken too much Eszopiclone, call 911. An overdose can lead to death.

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# ESZOPICLONE

## *TRANSCRIPT (page 3 of 3)*

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Store Eszopiclone away from moisture and direct sunlight. Your bathroom medicine cabinet is not the best place because of moisture. Do not leave your medication where it could get too hot or too cold.

Always store your medication out of sight and out of reach of children to prevent accidents.

When you are done taking Eszopiclone tablets, crush all of your remaining pills and mix them with undesirable trash like kitty litter or coffee grounds.

Do not sell or give your Eszopiclone to anyone else. It is against the law and can seriously harm anyone else taking it. Contact your local police station for more information on proper disposal directions.

Eszopiclone can help you get the sleep you need. But it is a powerful medication that should only be taken exactly as prescribed. If you have any questions about Eszopiclone, ask your healthcare provider and pharmacist for more information.