

TEMAZEPAM

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If you have insomnia, which means you have trouble sleeping, you may be prescribed Temazepam. You may also be familiar with its brand name, Restoril. Temazepam 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 Temazepam 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.

Temazepam 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 and stay asleep through the night.

Temazepam comes in a capsule. Doses come in either 15 or 30 mg capsules. Your healthcare provider will decide how much you need to take and how best to take it.

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

Do not take Temazepam if you are pregnant. This medication can harm your baby.

If you are breastfeeding, tell your healthcare provider before using Temazepam. A different medication may be safer for you and your baby.

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

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

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Some side effects of Temazepam include: feeling tired in the daytime, trouble remembering things, muscle weakness, anxiety, numbness, nausea, dry mouth, headache, dizziness and exaggerated happiness.

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 Temazepam. 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 Temazepam.

Do not drink alcohol while taking Temazepam. Drinking alcohol while taking Temazepam can cause serious side effects leading to death.

When taking Temazepam, you may do things you don't remember doing. If this happens to you, stop taking Temazepam 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: weak or shallow breathing, fast or pounding heartbeats, confusion, mood or behavior changes, slurred speech, hallucinations, thoughts of hurting yourself or others, fever, problems urinating, dark urine or yellowing of the skin or eyes; 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 Temazepam exactly as prescribed. Do not change your dose or take it for longer than prescribed.

Temazepam 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 Temazepam as soon as possible.

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

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Store Temazepam 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 Temazepam capsules, open all of your remaining pills and mix the contents with undesirable trash like kitty litter or coffee grounds.

Do not sell or give your Temazepam 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.

Temazepam 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 Temazepam, ask your healthcare provider and pharmacist for more information.