

Ambien

If you have Insomnia, which means you have trouble sleeping, you may be prescribed Ambien.

Its generic name is Zolpidem.

To understand how Ambien 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.

Ambien 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.

Ambien comes in a fast-acting tablet, or an Extended Release tablet that will help you both, fall asleep, and stay asleep.

Your healthcare provider will decide how much you need to take and how best to take it.

Ambien is a powerful medication. Some people should not take it.

Do not take Ambien if you are allergic to the ingredients in it.

Tell your doctor if you are pregnant, planning to get pregnant, or breastfeeding,

A different medication may be safer for you and your baby.

Before taking Ambien, tell your doctor if you have a history of: liver disease; asthma, COPD, or other breathing problems; sleep apnea; or depression.

Ambien 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.

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Before taking Ambien, give your healthcare provider a complete list of all other medications you use, including over-the-counter medicines, vitamins and herbal supplements.

Some side effects of Ambien include: feeling tired in the daytime, dizziness, weakness, feeling lightheaded, dry mouth, constipation, diarrhea, headache, muscle pain, and mental foginess.

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

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

While taking Ambien make sure you are fully awake before you drive or operate heavy machinery, including your car.

Do not drink alcohol while taking Ambien.

Do not take Ambien during or immediately after a meal or it may not work as well.

When taking Ambien, you may do things you don't remember doing, such as sleep eating or sleep walking.

Women and the elderly are more likely to experience these effects.

If this happens to you, stop taking Ambien and call your doctor.

Call 911 if you have an allergic reaction like: trouble breathing, hives, or swelling of your face or throat.

Or if you have: chest pain, fast or irregular heartbeat, trouble swallowing, or if you feel like you may pass out, get help right away.

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

Take Ambien exactly as prescribed.

If you think you have taken too much Ambien, call 911. An overdose can lead to death.

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Store Ambien at room temperature, not too hot or too cold, away from moisture and direct sunlight.

Keep it out of sight and out of reach of any children.

Ambien 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 Ambien, ask your doctor or pharmacist for more information.