

Temazepam

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

Its brand name is Restoril.

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 how to think, how 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 7.5 mg, 15 mg, 22.5 mg or 30 mg capsules.

Your doctor 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 over-the-counter medicines, 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 doctor about how to manage them.

When you are taking Temazepam be aware that...

You are at an increased risk of falling...

Your ability to drive a car or operate heavy machinery can be affected...

Temazepam can increase the effects of alcohol...

When taking Temazepam, you may do things you don't remember doing.

If this happens to you, stop taking Temazepam 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: 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.

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.

Remember to take Temazepam exactly as prescribed.

If you think you have taken too much Temazepam, call 911.

An overdose can lead to death.

Store Temazepam 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.

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 doctor or pharmacist for more information.