Zopiclone – Patient Information Sheet

Brand names: Limovan, Imovane, Datolan, Amoban, Zimovane, Eszopiclone, Lunesta

Generic name: Zopiclone

Before Using Zopiclone

Zopiclone may cause a special type of memory loss or amnesia. When this occurs, a person does not remember what has happened during the several hours between use of Zopiclone and the time when its effects wear off. This is usually not a problem since most people fall asleep after taking Zopiclone. In most instances, memory problems can be avoided by taking Zopiclone only when you are able to get a full night’s sleep (7 to 8 hours) before you need to be active again. Be sure to talk to your doctor if you think you are having memory problems.

In deciding to use Zopiclone, the risks of taking Zopiclone must be weighed against the good it will do. This is a decision you and your doctor will make.

Proper Use of Zopiclone

Take Zopiclone only as directed by your doctor. Do not take more of it, do not take it more often, and do not take it for a longer time than your doctor ordered. If too much Zopiclone is taken, it may become habit-forming (causing mental or physical dependence).

Do not take Zopiclone when your schedule does not permit you to get a full night’s sleep (7 to 8 hours).

If you must wake up before this, you may continue to feel drowsy and may experience memory problems, because the effects of Zopiclone have not had time to wear off.

Precautions While Using Zopiclone
If you think you need to take Zopiclone for more than 7 to 10 days, be sure to discuss it with your doctor. Insomnia that lasts longer than this may be a sign of another medical problem.

Zopiclone will add to the effects of alcohol and other CNS depressants (medicines that cause drowsiness).

Some examples of CNS depressants are antihistamines or medicine for hay fever, other allergies, or colds; sedatives, tranquilizers, or sleeping medicine; prescription pain medicine or narcotics; barbiturates; medicine for seizures; muscle relaxants; or anesthetics, including some dental anesthetics. Check with your doctor before taking any of the above while you are using Zopiclone.

Zopiclone may cause some people, especially older persons, to become drowsy, dizzy, lightheaded, clumsy or unsteady, or less alert than they are normally. Even though Zopiclone is taken at bedtime, it may cause some people to feel drowsy or less alert on arising. Make sure you know how you react to Zopiclone before you drive, use machines, or do anything else that could be dangerous if you are dizzy, or are not alert or able to see well.

If you develop any unusual and strange thoughts or behavior while you are taking Zopiclone, be sure to discuss it with your doctor. Some changes that have occurred in people taking Zopiclone are like those seen in people who drink alcohol and then act in a manner that is not normal. Other changes may be more unusual and extreme, such as confusion, worsening of depression, hallucinations (seeing, hearing, or feeling things that are not there), suicidal thoughts, and unusual excitement, nervousness, or irritability.

If you will be taking Zopiclone for a long time, do not stop taking it without first checking with your doctor. Your doctor may want you to gradually reduce the amount of Zopiclone you are taking before stopping completely. Stopping Zopiclone suddenly may cause withdrawal side effects.

After taking Zopiclone for insomnia, you may have difficulty sleeping (rebound insomnia) for the first few nights after you stop taking it.

If you think you or someone else may have taken an overdose of Zopiclone, get emergency help at once. Taking an overdose of Zopiclone or taking alcohol or other CNS depressants with Zopiclone may lead to breathing problems and unconsciousness.
Some signs of an overdose of Zopiclone are clumsiness or unsteadiness, mental or mood changes, severe drowsiness, or unusual tiredness or weakness.

**Side effects of Zopiclone**

Along with its needed effects, Zopiclone may cause some unwanted effects. Although not all of these side effects may occur, if they do occur they may need medical attention.

**Check with your doctor as soon as possible if any of the following side effects of Zopiclone occur:**

**More common effects of Zopiclone**

Confusion - more common in older adults; clumsiness or unsteadiness

- more common in older adults; daytime anxiety and/or restlessness;
difficulty with coordination - more common in older adults; mood or mental changes

**Less common effects of Zopiclone**

Drowsiness (severe); shortness of breath; difficult or labored breathing;
tightness in chest; wheezing; skin rash; aggressiveness; behavior changes

**Rare effects of Zopiclone**

Memory problems - more common in older patients; behavior or mental changes

**Symptoms of Zopiclone overdose**

**Get emergency help immediately if any of the following symptoms of Zopiclone overdose occur:**

Clumsiness; unsteadiness; mental or mood changes; drowsiness (severe); unusual tiredness or weakness;
sluggishness; reduced physical activity; unusual sleepiness; loss of consciousness
Zopiclone may cause you to have a coated tongue, bad breath, or a bitter taste. These effects are to be expected when you are taking this medicine.

Other side effects of Zopiclone not listed above may also occur in some patients. If you notice any other effects, check with your doctor.