

Zolman F.C. Tab 10mg

ZOLPIDEM HEMITARTRATE 10mg

Composition:

Each film coated tablet contains:

Zolpidem Hemitartrate.....10mg

Excipients.....q.s.

Indication

Zolman is used to treat sleep problems such as:

1. Difficulty falling asleep
2. Waking up in the middle of the night

Contraindications

- Zolman is contraindicated in patient with known hypersensitivity to zolpidem
- Sleep apnoea
- Myasthenia gravis
- Hypoventilate
- Liver problems
- Under age of 18
- Severe mental illness

Do not take this medicine if any of the above applies to you.

Dosage

Always take Zolman exactly as your doctor has told you.

How to take this medicine

- Swallow the tablet whole with a drink of water
- Take just before bedtime
- Treatment should normally continue not more than 4 weeks

Adults

The usual dose is one 10mg tablet just before bedtime.

Elderly or frail people

The usual dose is half a tablet just before bedtime.

Patient with liver problems

The usual dose is half a tablet just before bedtime. This may increase to one 10mg tablet by doctor if necessary.

Children

Do not give this medicine to children under age of 18.

Blood Test

Zolpidem can change the levels of liver enzymes shown up in blood test

If you are going to have blood test. It is important to tell your doctor that you are taking Zolpidem

Precaution

- Use with care of hepatic patient or lung do not work properly patient
- History of drug or alcohol abuse
- You are or have been depressed
- You do not feel you will ever be able to stop taking Zolpidem or other medicine used to treat sleep problem

Take other medicine

Please tell your doctor if you are taking or have recently taken any other medicines, including medicine obtained without a prescription.

Zolman may increase the effect of following medicine:

- Antipsychotics
- Medicines for depression such as sertraline
- Anticonvulsant
- Anaesthetics
- Hypnotics
- Sedative antihistamines such as chlorpheniramine or promethazine
- Narcotic analgesic such as codeine, methadone, morphine, oxycodone, pethidine or tramadol

Zolman can increase the chance of side effects for medicine for fungal infection like ketoconazole

Taking Rifampicin can make Zolman works less well

Taking Zolpidem with food and drink

- Do not drink alcohol while you are taking Zolman
- Alcohol can increase effect of Zolman and make you sleep very deeply so that you do not breathe properly or have difficulty waking

Use in pregnancy

Talk to your doctor before taking this medicine if you are pregnant, might become pregnant, or think you may be pregnant. Do not take Zolman if you are in the last 3 months of pregnancy or during labour.

Use in lactation

Not recommended for mothers breast feeding their babies.

Driving and using machines

On the day after taking Zolman, do not drive or use machinery or tools if you feel sleepy, dizzy or confused.

Important information about some of the ingredients of Zolman

Lactose: This is a type of sugar. If you have told by your doctor that you cannot tolerate some sugars, talk to your doctor before having this medicine

Overdose

Go to your doctor or go to hospital at once bringing with you the medicine pack. Taking too much Zolman may make you feeling drowsy, confused, sleeping deeply and possibly fall in to a coma.

Forget to take Zolman

Zolman must only be taken at bedtime. If you forget to take your tablet at bedtime, then you should not take it at any other time, otherwise you may feel drowsy, dizzy and confused during the day.

If you stop taking Zolman

Keep taking Zolman until your doctor tells you to stop. Do not stop taking Zolman suddenly because your doctor will need to lower your dose before discontinue the medicine.

Side effects

Stop taking Zolman and see your doctor or go to hospital straight away if you have any allergic reaction like:

Swelling of the hands, feet, ankles, face, lips or throat which may cause difficulty in swallowing or breathing or you could also notice an itchy, lumpy rash (hives) or nettle rash (urticaria)

Common side effects

- Feeling tired
- Nausea vomiting
- Abdominal pain
- Respiratory infection
- Diarrhoea
- Feeling sleepy, drowsy or confused
- Sleeping problems
- Headache
- Feeling dizzy
- Amnesia
- Hallucination
- Nightmares
- Feeling irritable

Warning: May cause severe allergic reaction and complex sleep-related behaviours.

Sleep walking and other associated behaviors such as "sleeping driving", preparing and eating food, making phone calls or having sex, with amnesia for the event have been reported in patients who had taken zolpidem and were not fully awake. The use of alcohol and other CNS-depressants with zolpidem appears to increase the risk of such behaviours, as does the use of zolpidem at doses exceeding the maximum recommended dose. Discontinuation of zolpidem should be strongly considered for patients who report such behaviours (for example, sleep driving), due to the risk to the patient and others.

How to store Zolman

Keep this medicine in safe place where children cannot see or reach it.

Do not use Zolman after the expiry date which is stated on the carton.

Store below 25°C in the original packaging

Packing

Pack in blister pack of 500 tablets and 1000 tablets per box

Shou Chan Industrial Co. Ltd – Taiwan

Sole distributor: Star Medical Supplies Ltd.