

# ZOPICLONE

**Other names:** Imovane®, Apo-Zopiclone®, Arrow-Zopiclone  
Zopiclone Actavis



**Important note:** The following information is intended to add to, not replace, the knowledge and judgment of your doctor, pharmacist or other health care professional.

## Why you are taking this medicine?

Zopiclone belongs to the group of medicines known as *hypnotics* (medicines that make you sleep). Zopiclone has been found to help you get to sleep faster, decrease the number of times you wake up during the night, and helps you sleep longer and better.

## When to take this medicine

Zopiclone should be taken 30 minutes to 1 hour before bedtime.

Zopiclone should only be taken for a few weeks as the body gets used to this medicine quickly and it does not work as well. It is intended to be used for a maximum period of 4 weeks, but it can be used for longer periods.

**DO NOT take zopiclone for longer than your doctor tells you or increase the prescribed dose without telling your doctor.**

Discuss with your doctor, if you have lung problems or breathing problems, especially during sleep (sleep apnoea), kidney or liver problems before starting this medicine.

## If you miss a dose

Take your dose as soon as possible except when it is close to the time for your next dose. If it is almost time for next dose, skip the missed dose and return to your regular dosing schedule. You should not take two doses at the same time.

## Side Effects

Unfortunately as well as having good effects, most medicines have some effects on your body that are unwanted. These are called *side effects*.

Tell your doctor or pharmacist if you have these side effects:

- bitter or metallic after-taste in your mouth, *dry mouth (common side effects)*
- upset stomach (e.g. diarrhoea, constipation, stomach tenderness, flatulence / wind)
- fast heart beat (*palpitations*)
- drowsiness or dizziness (*common side effects*)
- headaches
- irritability or confusion

This medicine may cause you to feel drowsy or tired the next morning. If this carries on, contact your doctor. If you are drowsy do not drive or operate machinery, or work at dangerous jobs that require you to be fully alert or wide awake, *and in particular during the 12 hours after taking a dose.*

**Do not stop** taking zopiclone suddenly if you have been taking the medicine for a long time. Usually gradual decreases in dose are necessary before stopping.

The list of side effects is **not** complete. Tell your doctor or pharmacist if any of these side effects are of a concern to you.

### **Other Medicines**

Tell your doctor or pharmacist if you are taking any other medicine including herbal or complementary products and medicines you can buy without a prescription.

Some antibiotics, seizure medicines and St John's Wort may increase or reduce the action of zopiclone.

Taking zopiclone with alcohol can increase the effect of drowsiness and sleepiness. Alcohol is best avoided while taking this medicine.

Avoid or reduce caffeine (tea, coffee) drinks as caffeine can stop you having a good night's sleep.

### **Storage**

Keep all medicines out of reach of children.

**Read this leaflet and discuss any questions you have about your medicines with your doctor or pharmacist.**