

ZOLPIMIST®

Zolpidem tartrate

Consumer Medicine Information

WARNING: ZOLPIDEM MAY BE ASSOCIATED WITH UNUSUAL AND POTENTIALLY DANGEROUS BEHAVIOURS WHILST APPARENTLY ASLEEP. THESE HAVE INCLUDED SLEEP WALKING, DRIVING MOTOR VEHICLES AND OTHER BIZARRE BEHAVIOURS. SOME MEDICINES MAY INTERACT WITH ZOLPIDEM AND PARTICULAR CAUTION IS NEEDED WITH OTHER DRUGS THAT MAY ALSO ACT ON THE BRAIN; BEFORE YOU TAKE ZOLPIDEM REFER TO THE "TAKING OTHER MEDICINES" SECTION BELOW OR ASK YOUR DOCTOR OR PHARMACIST. YOU MUST NOT DRINK ALCOHOL WHEN YOU TAKE ZOLPIDEM. DO NOT TAKE ZOLPIDEM FOR MORE THAN 4 WEEKS. IF YOUR SLEEP PROBLEMS CONTINUE, CONSULT YOUR DOCTOR.

This leaflet provides important information about using ZOLPIMIST. **You should also speak to your doctor or pharmacist if you would like further information or if you have any concerns or questions about using ZOLPIMIST.**

Where to find information in this leaflet:

1. Why am I using ZOLPIMIST?
2. What should I know before I use ZOLPIMIST?
3. What if I am taking other medicines?
4. How do I use ZOLPIMIST?
5. What should I know while using ZOLPIMIST?
6. Are there any side effects?
7. Product details

1. Why am I using ZOLPIMIST?

ZOLPIMIST contains the active ingredient zolpidem tartrate. ZOLPIMIST is used to initiate and maintain sleep in those with sleeping difficulties, also called insomnia in patients over 18 years of age. It is not recommended for use for more than 4 weeks at a time.

ZOLPIMIST has a different chemical structure to other sleeping tablets. ZOLPIMIST works by binding to special sites in the brain which produce sleep.

Your doctor, however, may prescribe ZOLPIMIST for another purpose.

2. What should I know before I use ZOLPIMIST?

Warnings

Do not use ZOLPIMIST if:

- you are allergic to zolpidem tartrate, or any of the ingredients listed at the end of this leaflet. Always check the ingredients to make sure you can use this medicine.
- you have been drinking alcohol or you believe that you may have alcohol in your bloodstream
- you have sleep apnoea (a condition where you temporarily stop breathing while you sleep)
- you have myasthenia gravis (a condition in which the muscles become weak and tire easily)
- you have severe liver problems
- you have acute and/or severe lung problems

- you have previously experienced complex sleep behaviours after taking this medicine including sleepwalking, sleep-driving, and/or engaging in other activities while not fully awake.

Check with your doctor if you:

- have any problems with your breathing or if you often snore while you are asleep.
- have ever been addicted to alcohol or any drug or medicine or if you have ever suffered from a mental illness. If you have, you may be at risk of getting into a regular pattern or habit of taking ZOLPIMIST.
- have or had any medical conditions, especially the following: problems with your heart, liver, kidneys or lungs, epilepsy, depression, mental illness, for example, schizophrenia.
- plan to have surgery.
- have allergies to any of the ingredients listed at the end of this leaflet.
- take any medicines for any other condition.

Talk to your doctor or pharmacist if you have ever had a mental disorder or have abused alcohol or drugs.

During treatment, you may be at risk of developing certain side effects. It is important you understand these risks and how to monitor for them. See additional information under Section 6. Are there any side effects?

Pregnancy and breastfeeding

Check with your doctor if you are pregnant, suspect that you are pregnant or intend to become pregnant.

Like most medicines of this kind, ZOLPIMIST is not recommended to be used during pregnancy. Your doctor will discuss the risks and benefits of using it if you are pregnant.

Talk to your doctor if you are breastfeeding or intend to breastfeed.

ZOLPIMIST can pass into breast milk and there is a possibility your baby may be affected. Your doctor will discuss the risks and benefits of using it if you are breastfeeding or planning to breast-feed.

Do not take it after the expiry date (EXP) printed on the pack.

Do not take it if the packaging is damaged or shows signs of tampering.