

# TEMAZEPAM-WGR

Active ingredient: Temazepam

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## Consumer Medicine Information

This leaflet provides important information about using TEMAZEPAM-WGR. **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 TEMAZEPAM-WGR.**

*Where to find information in this leaflet:*

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

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## 1. Why am I using TEMAZEPAM-WGR?

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**TEMAZEPAM-WGR contains the active ingredient temazepam.** TEMAZEPAM-WGR is a benzodiazepine which is thought to work by acting on the brain chemicals.

**TEMAZEPAM-WGR is used to treat sleeping problems, also called insomnia.**

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## 2. What should I know before I use TEMAZEPAM-WGR?

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In general, benzodiazepines such as TEMAZEPAM-WGR should be taken for short periods only (for example 2 to 4 weeks). Continuous long-term use is not recommended unless advised by your doctor.

The use of benzodiazepines may lead to dependence on the medicine.

### Warnings

**Do not use TEMAZEPAM-WGR if:**

- You are allergic to Temazepam or any other benzodiazepine medicines 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 severe and chronic lung disease or breathing difficulties
- You have sleep apnoea
- You suffer from depression with or without anxiety problems. Temazepam can increase thoughts of death or suicide.
- The packaging shows signs of tampering or the tablets do not look quite right.