



## WARNINGS & PRECAUTIONS

Before taking zolpidem tartrate:

- Zolpidem tartrate will make you fall asleep. Never take this medication during your normal waking hours, unless you have a full 7 to 8 hours to dedicate to sleeping.
- Some people using this medicine have engaged in activity such as driving, eating, or making phone calls and later having no memory of the activity. If this happens to you, stop taking zolpidem tartrate and talk with your doctor about another treatment for your sleep disorder.
- Do not use this medication if you are allergic to zolpidem tartrate. The tablets may contain lactose. Use caution if you are sensitive to lactose.
- Tell your doctor if you are allergic to any drugs, or if you have kidney disease, liver disease, sleep apnea and/or myasthenia gravis.

## COMMON SIDE EFFECTS OF ZOLPIDEM TARTRATE:

Stop using zolpidem tartrate and call your doctor at once if you have any of these serious side effects:

- depressed mood, thoughts of hurting yourself
- unusual thoughts, risk-taking behavior, decreased inhibitions, no fear of danger
- anxiety, aggression, feeling restless or agitated
- hallucinations, confusion, loss of personality

Less serious zolpidem tartrate side effects may include:

- daytime drowsiness, dizziness, weakness, feeling “drugged” or light-headed
- lack of coordination
- amnesia, forgetfulness
- vivid or abnormal dreams
- nausea, constipation

# Zolpidem Tartrate

(Ambien, Ambien CR, Edluar  
Zolpimist)



## Extended Usage Can Lead to Drug Abuse and Addiction

Connecticut Department of Consumer Protection  
**Prescription Monitoring Program**  
165 Capitol Avenue, Room 145  
Hartford, CT 06106  
(860) 713-6073 • [www.ct.gov/dcp](http://www.ct.gov/dcp)



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## WHAT IS ZOLPIDEM TARTRATE?

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Zolpidem tartrate is a sedative-hypnotic drug. It affects chemicals in your brain that may become unbalanced and cause sleep problems (insomnia).

Zolpidem tartrate is used for the short-term treatment of insomnia (difficulty falling or staying asleep). This medication causes relaxation to help you fall asleep.

### Zolpidem Tartrate Abuse & Addiction

When taken for extended periods of time, zolpidem tartrate does become addictive and a drug tolerance can develop. Zolpidem tartrate is abused for its sedative, euphoric and hallucinogenic effects.

Transition from medical use of zolpidem tartrate to high-dose addiction can occur when doctor's recommendations for use are not followed or when the drug is taken for reasons unrelated to sleeplessness. Because persons with a history of addiction to, or abuse of, drugs or alcohol are at increased risk for the misuse, abuse and addiction of zolpidem tartrate, they should be monitored carefully when receiving zolpidem tartrate or any other sedative-hypnotic drug.

When zolpidem tartrate abuse occurs, people may take it orally, crush and snort it, or cook it for an intravenous injection.



## WITHDRAWAL SYMPTOMS

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Zolpidem tartrate withdrawal symptoms may occur when drug is stopped or dose is lowered too quickly.

### Symptoms include but are not limited to:

- abnormal extroversion or aggressive behavior
- agitation
- anxiety
- confusion
- hallucinations
- insomnia
- loss of personal identity
- strange behavior
- suicidal thoughts
- worsening of depression



## TAKING ZOLPIDEM TARTRATE

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Take zolpidem tartrate exactly as it was prescribed for you. Do not take the medication in larger amounts, or take it for longer than recommended by your doctor. Follow the directions on your prescription label.

Take zolpidem tartrate only if you have a full 7 to 8 hours available for sleeping before you must be active again.

Do not crush, chew, or break a zolpidem tartrate tablet. Swallow the tablet whole. It is specially manufactured to release medicine slowly in the body. Breaking the tablet would cause an increase in the amount of medication released into the body at one time.

Ask your pharmacist if you need any additional counseling on the medication. A pharmacist will be able to provide you with printed information sheets and answer any other questions you may have on the medication.