

Medication Information Card

Zopiclone (Zop – ih – clone)

Other names for this medication

Imovan[®]

How this medication is used

This medication helps improve sleep.

How to take this medication

Take this medication at bedtime.

Take this medication exactly as directed by your doctor. Do not take more than your doctor prescribes.

This medication makes you feel sleepy. Do not drive or operate machinery for 6 to 8 hours after taking your dose.

If you miss a dose of this medication, skip the missed dose. Take your next dose at your regular time. Do not take 2 doses at one time.

This medication does not mix well with alcohol in your body. Do not drink alcohol such as beer, wine or liquor while on this medication.

While taking this medication you may notice

- dizziness
- drowsiness
- constipation
- dry mouth
- a bitter taste

To avoid feeling dizzy, get up slowly when you have been sitting or lying down. If you feel dizzy, sit or lie down until you are no longer dizzy, then get up slowly.

To prevent constipation, eat food high in fibre, drink 6 to 8 glasses of liquid each day and exercise regularly. Food high in fibre includes whole grain products, vegetables and fruit.

Contact your doctor if you notice

- you are always very tired in the morning
- a fast heart beat
- confusion
- continuing dizziness or drowsiness
- shortness of breath
- skin rash
- unusual excitement or nervousness