

Information about Temazepam

This is an easy way to say...

Te...maz...ee... pam



What is Temazepam?



Temazepam is a medication that will help if you have sleeping problems.

Temazepam can be taken as tablets or liquid medicine.

Where do I get Temazepam?



You can only get this medication with a prescription.

The doctor or consultant

- Will ask you questions about your health
- May also check your blood pressure
- Will ask you if you are taking other medication



How do I take Temazepam?



The doctor will talk to you about how much Temazepam you need to take.

The doctor will tell you how to take your Temazepam. Temazepam will usually work within 30 minutes.



You will take Temazepam at night. Sometimes you will not need to take it every night.



If you forget to take your medication you should tell your carer and ask your doctor for advice



If you have been taking your medication for a long time you should not stop taking it suddenly as this could make you feel unwell.



What is good about Temazepam?



Temazepam can help reduce problems with sleeping.



What is not good about Temazepam?



There are some health problems that people can get when they take Temazepam.



These problems are called **side effects** but not everyone gets them.

- Feeling tired next day
- Problems remembering things
- Headache



You will need to speak to your doctor if you

- Have a rash on your skin
- Feel confused
- Feeling dizzy
- Feel faint
- Feel unwell

What other things do I need to talk to the doctor about?



You should talk to your doctor if

- You are worried about your medication.
- You want to know how much alcohol is safe to drink when taking medication.
- You are planning to have a baby.

The information in this easy read leaflet should always be discussed with the service user and it should not be provided without support.

The full information sheet about Temazepam medication should also be given to the service user, carers and staff.

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Leaflet code: E-IAT-11-432

The information in this leaflet was valid at the date of production
February 2015 and is due for review in **February 2018**