

Information about Zopiclone

This is an easy way to
say...Zop...ee...clo... ne



What is Zopiclone?

	<p>Zopiclone is a medication that will help if you have sleeping problems.</p>
	<p>Zopiclone can sometimes be called a different name like Zimovane</p>
	<p>Zopiclone can be taken as tablets.</p>

Where do I get Zopiclone?

	<p>You can only get this medication with a prescription.</p>
	<p>The doctor or consultant</p> <ul style="list-style-type: none">• 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 Zopiclone?



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

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



You will take Zopiclone 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 Zopiclone?



Zopiclone can help reduce problems with sleeping.



What is not good about Zopiclone?



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



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

- Bitter or bad taste in your mouth
- Feeling sick
- Feeling tired next day



You should eat a healthy diet and drink more water or fruit juice.

You will need to speak to your doctor if you

- Have a rash on your skin
- Feel confused
- Headache and feeling dizzy
- 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 Zopiclone medication should also be given to the service user, carers and staff.

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