

## Understanding

# The “Z drugs” - Zopiclone and Zolpidem

## COMMON BRAND NAMES

**Zopiclone** ( Imovane, Imrest) and **Zolpidem** (Stilnox, Dormizol, Zolpibella, Somidem, Stildem)



## What are the ‘Z drugs’?

Zopiclone and zolpidem are medications that are sometimes collectively called the “Z drugs”. They are used for the short-term treatment of sleep problems.

## Taking these medicines safely

If you have been prescribed one of these medicines:

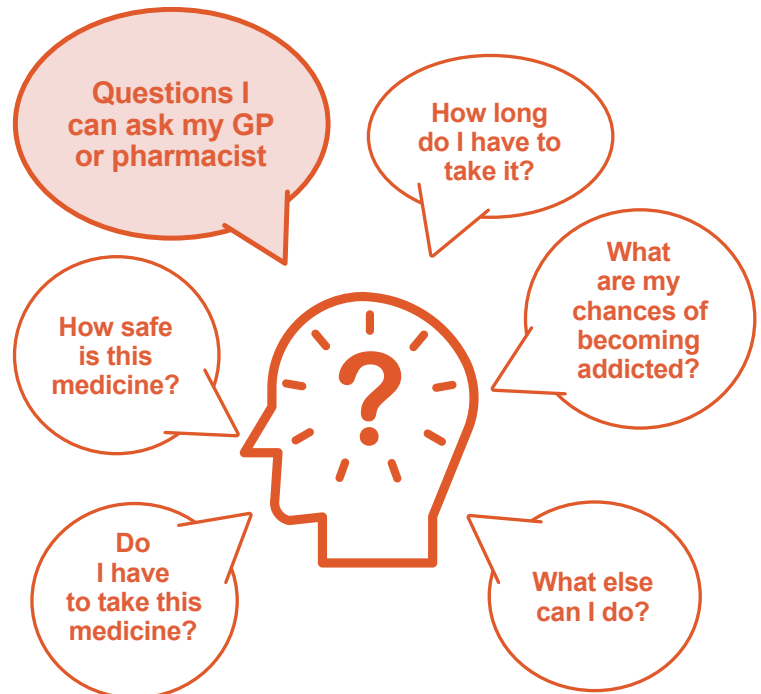
- Only take the dose prescribed for you
- Don't share your medicine with anyone
- Check with your GP or pharmacist before using other medicines
- Let your pharmacist or GP know if you experience side effects such as memory loss, confusion, breathing problems, daytime sedation, anxiety, mood changes, balance problems and falls, impaired driving and sleep walking
- Talk to your GP, pharmacist or other health professional if you find the zopiclone and zolpidem medicine no longer helps to control your symptoms.

## How would I know if I am having problems with this medicine?

Possible signs of dependence:

- Taking the medicine in larger amounts or for longer than you're meant to
- Not being able to cut down or stop using the medicine

- Having cravings and urges to use the medicine
- Not managing to do what you should at work, home, or school because of your use of the medicine
- Its use causes problems in relationships
- Repeatedly using the medicine, even when it puts you in danger
- Needing more of the medicine to get the effect you want (eg. developing a tolerance)
- Having withdrawal symptoms that can be relieved by taking more of the medicine



## Where can I find more information or help?

Talk to your GP, pharmacist or other health care professional if you are concerned about the medicines you take. Other services that can assist:

**Pharmaceutical Helpline**  
Tel: 1800 737 233

**SafeScript**  
[www.health.vic.gov.au/safescript](http://www.health.vic.gov.au/safescript)

**Directline**  
Tel: 1800 888 236

