Temazepam tablets are used for
the short term treatment of insomnia (difficulty sleeping), for the treatment of anxiety caused by depression, and in patients with a history of alcoholism and drug abuse.

Temazepam tablets should be taken
as directed. Consult your doctor or pharmacist if you are unsure. Temazepam tablets should be taken for short periods of time.

Temazepam tablets may make you sleepy or affect your
• memory
• concentration
• vision
• muscle function.

Driving and using machines
Temazepam tablets may make you sleepy or affect your
• concentration
• vision
• muscle function.

Temazepam tablets should not be used during late pregnancy or during labour, as the baby may develop symptoms such as low body temperature, hypothermia, and breathing and feeding difficulties or withdrawal symptoms (see section 3 'If you stop taking Temazepam tablets').

Temazepam tablets with alcohol
Do not drink alcohol while you are taking Temazepam tablets. Alcohol may increase the sedative effects and make you very sleepy.

Pregnancy and breast-feeding
Do not take this medicine if you are pregnant, breast-feeding, think you may be pregnant, or are planning to have a baby. If your doctor has decided that you should receive this medicine during late pregnancy or during labour, your baby may develop symptoms such as low body temperature, hypothermia, and breathing and feeding difficulties or withdrawal symptoms (see section 3 'If you stop taking Temazepam tablets').

The medicine can affect your ability to drive as it may make you sleepy or dizzy.

Do not drive while taking this medicine until you know how it affects you.

It is an offence to drive if this medicine affects your ability to drive.

However, you would not be committing an offence if:

- temazepam can affect the
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• vision
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How to take Temazepam tablets

The recommended dose is:

- **Adults:**
  - Insomnia: 10-20mg before going to bed. Your doctor may increase this to 30-40mg.
  - Long-term use of temazepam is not recommended. Improvement is often noticed after a short time and treatment should not usually exceed 4 weeks. However, in some cases your doctor may advise you to continue treatment for at least 6 months.
  - **Before surgery:** 20-40mg half to one hour before surgery or investigative procedures. It is recommended that you should be accompanied home if you receive temazepam treatment before surgery or investigative procedures.

Elderly and patients with brain and blood-vessel-related disease:
Half the above adult dose. It is important to take this medicine exactly as directed by the doctor.

Children and adolescents:
Not recommended for children less than 18 years old.

 Patients with breathing difficulties: A lower dose is recommended.

Do not alter the dose or stop treatment without asking your doctor. See section 2 for information on tolerance and dependence.

Swallow the tablets whole with a glass of water.

Always take Temazepam tablets exactly as your doctor has told you. Check with your doctor or pharmacist if you are not sure.

If you take more Temazepam tablets than you should

If you (or someone else) swallow a lot of tablets at the same time or you think a child has swallowed any of the tablets, contact your nearest hospital casualty department or your doctor immediately. Signs of overdose include drowsiness, confusion, unusual weakness, unusual behaviour and, in more serious cases, convulsions, lack of coordination or muscle tension, low blood pressure, breathing difficulties, coma and very rarely death.

If you forget to take Temazepam tablets

Do not take a double dose to make up for a forgotten dose. If you forget to take a dose, take it as soon as you remember it and then take the next dose at the right time.

If you stop taking Temazepam tablets

- **If you stop taking Temazepam tablets suddenly, you may experience unpleasant withdrawal effects including:** depression, nervousness, confusion, tension, headache, anxiety, dizziness, loss of concentration or appetite, tremor, feeling or being sick, ringing in the ears, stomach cramps, heart or blood pressure disturbances, sleeplessness, restlessness, sweating and diarrhoea, delirium (feeling of unreality to the world around), depression, hallucinations, pain and restlessness.
- **If you do not stop taking your medicine without telling your doctor as they may wish to gradually reduce the number of tablets you take before stopping them completely.**
- **Treatment should be gradually withdrawn to prevent the symptoms you are being treated for from returning more severely than before (rebound insomnia) and to prevent you experiencing anxiety (rebound anxiety) and other symptoms such as mood changes, restlessness or changes in sleep patterns.**
- **You may also experience vivid dreams and broken sleep for some weeks after withdrawal.**

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If you have any further questions on the use of this medicine, ask your doctor or pharmacist.

### Possible side effects

Like all medicines, this medicine can cause side effects, although not everybody gets them, particularly when you first start taking it.

**Stop treatment and contact a doctor at once if you have the following symptoms of an allergic reaction:**

- Itchy skin, rash, swelling of the face, lips, tongue or throat, or difficulty breathing or swallowing.

Tell your doctor if you notice any of the following side effects or notice any other effects not listed:

- **Effects more common at the start of therapy:** drowsiness, reduced alertness, confusion, tiredness, headache, dizziness, muscle weakness, lack of co-ordination, double vision, blurred speech or breathing difficulties.
- **Psychological effects:** restlessness, agitation, irritability, aggressiveness, delusions, rage, nightmares, dreams, restless sleep hallucinations (seeing things that are not real), mental illness (psychoses causing mood swings, hallucinations, depression, paranoia, inappropriate behaviour or other behaviour effects), amnesia associated with inappropriate behaviour, dependence, abuse. These effects may be quite severe and are more likely to occur in children and the elderly.
- **Other effects:** stomach upset, changes in sexual desire, skin rashes, difficulty passing water, dry mouth, tremor, loss of bladder control, sight problems, increase in the amount of saliva, low blood pressure, memory loss, depression, difficulty speaking, sore throats, infections, bruising or nose bleeds as these may be signs of changes in the number and types of blood cells. Your doctor may wish to give you a blood test, jaundice (yellowing of the skin or eyes).

**Reporting of side effects**

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via the Yellow Card Scheme at www.mhra.gov.uk/yellowcard.

**By reporting side effects you can help provide more information on the safety of this medicine.**

### How to store Temazepam tablets

Store the tablets below 25°C. Store in the original package to protect from moisture. Keep the blister in the outer carton to protect from light.

Do not use this medicine after the expiry date which is stated on the carton after EXP. The expiry date is the last day of that month. Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer require. These measures will help protect the environment.

### Contents of the pack and other information

**What Temazepam tablets contain:**

- **The active substance (the ingredient that makes the tablet work) is temazepam.**
- **Each tablet contains either 10mg or 20mg of temazepam.**
- **The other ingredients are lactose, magnesium stearate and colloidal silica.**

**What Temazepam tablets look like and contents of the pack:**

Temazepam tablets are white to off-white uncoated tablets.

Pack size 28 tablets

**Marketing Authorisation Holder**

Actavis, Barnstaple, EX32 8NS, UK.

**Manufacturer**

Sunpharm Services Limited, Unit 2H, Breyfield Business Park, Ashby Road East, Breyfield, Burton-on-Trent, DE15 0ZV, United Kingdom

This leaflet was last revised in July 2018

If you would like a leaflet with larger text, please contact

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