

Ambien (zolpidem tartrate)

Parent Information Sheet

Why it is prescribed

Ambien is used for the **short-term** treatment of insomnia.

How to give Ambien

- Ambien is prescribed only for use by the patient whose name appears on the prescription.
- Give Ambien exactly as your doctor has prescribed.
- Do not give Ambien more often or in larger doses than what your doctor has ordered. If you have any questions or concerns about the current medication, call your doctor's office.

*The phone number to the office is
(313) 832-1100 ext. 220.*

Side effects

The most **common** side effects are: drowsiness, dizziness, lightheadedness, difficulty with coordination, and memory problems.

Special Considerations

- *Ambien should be taken **just before** you are ready to go to bed; Ambien should only be used if you are able to get 7-8 hours of sleep.*
- *Ambien should not be taken with alcohol.*
- *Ambien should only be used for 7-10 days.*

Procedure for getting a prescription

- If you require a prescription refill before your next scheduled appointment, please call the clinical services office at (313) 832-1100 ext. 220.
- Please have your pharmacy phone number available before calling for prescription refills.
- The Detroit Institute for Children is not open on weekends or holidays. The clinical services office is open from 8 am-5 pm Monday through Thursday and 8 am-12 noon on Fridays.
- If you are overdue for a return appointment or have not kept a scheduled appointment, your child's doctor reserves the right not to prescribe the medication.

***Poison Control Center:
1-800-764-7661 (1-800-POISON-1)***