Jeffrey Panko NP
PSYCHIATRY

Jeffrey Panko, PMHNP-BC
Phone 646-549-4694 | Fax 646-558-4238
JMPankoNP@JeffreyPanko.com
jeffreypanko.com

PATIENT EDUCATION

Modafinil

Provigil / Generic tablets

A guide for adults taking modafinil.
Follow the directions on your prescription and your provider's recommendations.

ADULTS • SCHEDULE IV | TABLETS: 100, 200 MG

Formulations: Tablets are generally taken in the morning for narcolepsy or sleep-apnea-related sleepiness, or about one hour before a work shift for shift-work disorder.

What it is used for

Modafinil reduces excessive sleepiness associated with narcolepsy, obstructive sleep apnea, or shift-work disorder. In sleep apnea it supplements, rather than replaces, treatment of airway obstruction. Other uses are off-label.

How it works

It affects dopamine transport and other wakefulness pathways. It can improve alertness but does not replace sufficient sleep or guarantee safe driving.

What to expect over time

Wakefulness may improve after a dose, but ongoing sleepiness and daily functioning should be reviewed. Persistent sleepiness can still make driving unsafe.

Taking your medication

- Follow the timing for your condition. Take with or without food.
- If a dose is missed late in the day, consult your timing instructions rather than taking it near bedtime. Do not double.
- Continue CPAP or other prescribed sleep-apnea treatment.
- Do not increase doses to compensate for inadequate sleep.

Jeffrey Panko NP
PSYCHIATRY

Jeffrey Panko, PMHNP-BC
Phone 646-549-4694 | Fax 646-558-4238
JMPankoNP@JeffreyPanko.com
jeffreypanko.com

Side effects and safety

Possible side effects

- Headache or nausea
- Anxiety, nervousness, or insomnia
- Dizziness or reduced appetite

Keeping track of treatment

Some side effects resolve with time; others may require a change of medication. Discuss persistent or bothersome side effects with your provider.

Have blood pressure and pulse reviewed. Track sleep, mood, and any new rash. Misuse and dependence are possible; use only your prescribed amount.

If you take too much

For a suspected overdose, call Poison Control at **1-800-222-1222** immediately, even if you feel well. Call 911 for a seizure, collapse, trouble breathing, or inability to wake.

Before you start

Discuss heart disease, high blood pressure, bipolar disorder, psychosis, substance use, and liver disease.

Discuss pregnancy, pregnancy plans, and breastfeeding with your provider. Treatment decisions should consider both the medication and the condition being treated.

Medicines and interactions

Review all your medications with your provider, including over-the-counter medicines and supplements. Have new medications checked before taking them.

Modafinil can reduce effectiveness of some hormonal contraceptives. Arrange an effective alternative or backup during treatment and for one month afterward under U.S. labeling; review your specific method.

It can alter levels of cyclosporine, some seizure medicines, and other medications. Review stimulants, sedatives, and alcohol.

Jeffrey Panko NP
PSYCHIATRY

Jeffrey Panko, PMHNP-BC
Phone 646-549-4694 | Fax 646-558-4238
JMPankoNP@JeffreyPanko.com
jeffreypanko.com

MODAFINIL / 03

Living with your treatment

When to get help

Emergency symptoms. Get emergency care for a blistering rash, mouth sores with fever, facial swelling, trouble breathing, chest pain, or collapse.

Prompt medical advice. Stop modafinil and obtain prompt medical advice for a new rash. Report hallucinations, mania, marked anxiety, or worsening depression.

If you feel unsafe or have thoughts of self-harm, call 911 or go to an emergency department.

Your questions answered

Can I drive once I feel more awake?
Only if you can do so safely. Review residual sleepiness with your provider; a dose does not remove driving risk.

Can it replace CPAP?
No. It does not correct the airway obstruction or other consequences of untreated sleep apnea.

Everyday tips

Keep a regular sleep opportunity around work schedules.

Review contraception before treatment begins or another medicine changes.

Storage and safety

Keep medication in its labeled container, away from excess heat and moisture and out of reach of children and pets. Do not share it. Ask a pharmacy about disposal of unused medication.

Sources

Official prescribing information: modafinil

MedlinePlus: modafinil

Educational handout; does not replace your prescription or provider's recommendations.