Jeffrey Panko NP
PSYCHIATRY

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

PATIENT EDUCATION

Quazepam

Doral / Oral insomnia tablets

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

ALLOW 7–8 HOURS FOR SLEEP

NEXT-DAY EFFECTS MAY BUILD OVER TIME

Formulations: Oral tablets are taken at bedtime. Use the prescribed strength and ask a pharmacist about any tablet-splitting instruction.

What it is used for

Quazepam treats insomnia, generally for a short course. Persistent insomnia needs assessment for sleep apnea, mood symptoms, pain, and other causes, with consideration of CBT-I.

How it works

It enhances GABA signaling. Quazepam and its active metabolites last a long time, so sedation and poor coordination can accumulate over successive nights.

What to expect over time

Sleep may improve after the first dose, but next-day impairment can build over several days and continue after stopping. Review insomnia that persists after seven to ten days.

Taking your medication

- Take only when ready for bed and able to remain in bed for seven to eight hours.
- Skip a missed bedtime dose rather than taking it late or doubling.
- Avoid alcohol and other unreviewed sleep medicines.
- Consult with your provider before stopping regular use; withdrawal can be serious.

Jeffrey Panko NP
PSYCHIATRY

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

QUAZEPAM / 02

Side effects and safety

Possible side effects

- Sleepiness, slowed reactions, or fatigue
- Dizziness, poor balance, or falls
- Memory problems or difficulty concentrating

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.

Watch for daytime sedation, falls, memory changes, and breathing problems. Older adults and people taking other sedatives may be more sensitive.

Physical dependence can develop with regular use. Sudden stopping or a rapid reduction can cause severe withdrawal, including seizures. Dependence is different from addiction, but misuse and addiction are also possible.

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 sleep apnea, lung disease, liver or kidney disease, glaucoma, falls, and any history of substance use problems. Tell your provider about all opioids and other sedatives.

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.

Combining a benzodiazepine with an opioid can cause profound sedation, slowed breathing, coma, or death. Use such combinations only under a specifically reviewed treatment plan.

Avoid alcohol. Sleeping pills, sedating antihistamines, muscle relaxants, and other sedatives can increase impairment and breathing risks.

Jeffrey Panko NP
PSYCHIATRY

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

Living with your treatment

When to get help

Emergency symptoms. Call 911 for slow or difficult breathing, inability to wake, collapse, or a seizure. Severe confusion or hallucinations after reducing or stopping may be dangerous withdrawal.

Prompt medical advice. Contact your provider immediately after sleep-driving, sleepwalking, or activity you cannot remember; obtain instructions before another dose, including how to address withdrawal risk. Report falls or increasing sedation.

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

Your questions answered

Can I stop after taking it regularly?
Consult with your provider before reducing or stopping. A gradual, individualized taper helps limit withdrawal. Do not borrow medication or change the schedule to manage withdrawal yourself.

What if I feel unusually agitated?
Some people develop disinhibition, irritability, or agitation. Contact your provider rather than taking an extra dose.

Everyday tips

Allow a full sleep window and avoid driving whenever impaired.

Ask about CBT-I and keep a consistent wake time.

Arrange refills or a taper before running out.

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: quazepam
Official prescribing information: quazepam

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