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PSYCHIATRY

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PATIENT EDUCATION

Triazolam

Halcion / Generic short-acting insomnia tablets

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

TAKE RIGHT BEFORE BED | ALLOW A FULL 7-8 HOURS FOR SLEEP

Formulations: Oral tablets are taken at bedtime for the prescribed brief course. CYP3A interactions can greatly increase exposure.

What it is used for

Triazolam treats short-term insomnia. Its short action does not eliminate next-day impairment, amnesia, dependence, or withdrawal risk.

How it works

It enhances GABA signaling. This can promote sleep but can also impair memory, judgment, coordination, and breathing.

What to expect over time

Effects can begin after the first dose. The timing and duration depend on the formulation and dose. Sleepiness or impaired coordination may last longer than the relief you notice.

Your provider should review whether ongoing treatment is helping and whether the dose or duration should change. Do not increase the dose when the effect seems weaker.

Taking your medication

- Take only when ready for bed with seven to eight hours available for sleep.
- Skip a missed bedtime dose; never double or take an extra dose during the night.
- Avoid grapefruit and grapefruit juice.
- Consult with your provider before stopping after regular use.

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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.

Strong CYP3A inhibitors, including certain azole antifungals, macrolide antibiotics, and antivirals, can be contraindicated. Check every new prescription.

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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 for sleep-driving, unusual behavior, or major memory gaps; obtain instructions before another dose, including withdrawal precautions. Report rebound anxiety or insomnia.

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

Keep a consistent wake-up time and ask about CBT-I.

Do not use an unfamiliar dose during travel without a full sleep window and a reviewed plan.

Avoid driving whenever impaired.

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: triazolam

MedlinePlus: triazolam

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