

Evaluate:

- Therapeutic response: decreased diarrhea without abdominal pain or severe constipation

Teach Patient/Family:

- To take with food
- That if dose is missed, do not double; take regular dose at next scheduled time
- **Pregnancy/breastfeeding:** to contact health care provider if pregnancy is suspected or planned, or if breastfeeding
- To discontinue and notify health care provider if abdominal pain or severe constipation occurs

⚠ HIGH ALERT**temazepam (Rx)**

(te-maz'e-pam)

Restoril*Func. class.:* Sedative/hypnotic*Chem. class.:* Benzodiazepine, short to intermediate acting**Controlled Substance Schedule IV (USA), Schedule F (Canada)****Do not confuse:**

Restoril/RisperDAL

ACTION: Produces CNS depression at limbic, thalamic, hypothalamic levels of the CNS; may be mediated by neurotransmitter γ -aminobutyric acid (GABA); results are sedation, hypnosis, skeletal muscle relaxation, anticonvulsant activity, anxiolytic action

USES: Insomnia, short-term treatment (generally 7-10 days)

CONTRAINDICATIONS: Pregnancy, breastfeeding, hypersensitivity to benzodiazepines

Precautions: Children <15 yr, geriatric patients, anemia, renal/hepatic disease, suicidal individuals, drug abuse, psychosis, acute closed-angle glaucoma, seizure disorders, angioedema, sleep-related behaviors (sleepwalking), intermittent porphyria, COPD, dementia, myasthenia gravis

Black Box Warning: Coadministration with other CNS depressants

DOSAGE AND ROUTES

- **Adult: PO** 7.5 to 30 mg at bedtime
 - **Geriatric: PO** 7.5 mg at bedtime
- Available forms:** Caps 7.5, 15, 22.5, 30 mg
- Administer:**
- 15-30 min before bedtime for sleeplessness
 - Without regard to food

Black Box Warning: Avoid use with CNS depressants; serious CNS depression may result

- Store in tight container in cool environment

SIDE EFFECTS

CNS: *Lethargy, drowsiness, daytime sedation, dizziness, confusion, lightheadedness, headache, anxiety, irritability, complex sleep-related reactions (sleep driving, sleep eating), fatigue*

CV: Chest pain, pulse changes, hypotension

EENT: Blurred vision

GI: Nausea, vomiting, diarrhea, heartburn, abdominal pain, constipation, anorexia

SYST: **Severe allergic reactions**

PHARMACOKINETICS

Onset 30 min, peak 1-2 hr, duration 6-8 hr, half-life 10-20 hr, metabolized by liver, excreted by kidneys, crosses placenta, excreted in breast milk, 98% protein binding

INTERACTIONS

Increase: effects of cimetidine, disulfiram, oral contraceptives

Black Box Warning: Increase: action of both products—alcohol, CNS depressants

Increase: effect of temazepam—probenecid

Decrease: effect of antacids, theophylline, rifAMPin