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Talk to your doctor or pharmacist if you are not sure whether it is safe for you to drive while taking this medicine.

Lormetazepam Tablets contains lactose monohydrate

If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this medicinal product.

3. How to take Lormetazepam Tablets
Always take Lormetazepam Tablets exactly as your doctor has told you. The label on your medicine should also tell you. You should check with your doctor or pharmacist if you are not sure.

Your prescriber should have discussed with you how long the course of lormetazepam tablet will last. They will arrange a plan for stopping treatment. This will outline how to gradually reduce the dose and stop taking the medicine. Your prescriber will ensure that your plan for stopping treatment is tailored to you and can be adapted according to your needs and experience of any withdrawal symptoms.

The usual adult dose of Lormetazepam Tablets is 0.5mg to 1.5mg. The initial dosage may be increased to 2 mg in individual cases.

In cases of severe or persistent insomnia, and always according to the doctor's opinion, the dose can be increased to 2mg.

For patients with mild to moderate difficulties in breathing or patients with liver impairment a dose reduction should be considered. You should swallow your tablets with water just before you go to bed at night. Make sure you can have 7 or 8 hours of uninterrupted sleep before taking Lormetazepam Tablets.

Elderly: Elderly patients may respond to half the usual adult dose or less.

The label on your medicine will tell you how many tablets to take and how often. If it does not, or you are not sure, ask your doctor or pharmacist.

Treatment usually lasts from a few days to 2 weeks. It should not exceed 4 weeks including the period of tapering off. This reduces the risk of becoming dependent on Lormetazepam Tablets, or suffering unpleasant side-effects when you stop taking them (See 'If you stop taking Lormetazepam Tablets' section).

The beneficial effect of Lormetazepam Tablets may be less apparent after several weeks of use. If you are given lormetazepam for more than 4 weeks, your doctor might want to take blood samples occasionally to check your blood and liver, since drugs like lormetazepam have occasionally affected liver function.

If you take more Lormetazepam Tablets than you should

Do not take more tablets than stated on the label of your medicine. If you take too many tablets you should seek medical attention immediately, either by calling your doctor, or going to the nearest casualty department. **Always take the labelled medicine container with you, even if there are no tablets left.**

If you forget to take Lormetazepam Tablets
If you forget to take a dose, don't worry, just take your next tablet when it is due. Do not take a double dose to make up for a forgotten tablet.

If you stop taking Lormetazepam Tablets
Do not suddenly stop taking this medicine. If you want to stop taking this medicine, discuss this with your prescriber first. They will tell you how to do this, usually by reducing the dose gradually so that any unpleasant withdrawal effects are kept to a minimum. This may occur over a period of weeks to months. Your prescriber will ensure that your plan for stopping treatment is tailored to you and can be adapted according to your needs and experience of any withdrawal symptoms.

- After you have finished your prescribed treatment with lormetazepam, your doctor will decide if you need further treatment.
- The number of Lormetazepam Tablets and how often you take them should always be reduced slowly before stopping them. This allows your body to get used to being without your tablets, and reduces the risk of unpleasant effects when you stop taking them. Your doctor will tell you how to do this.
- On stopping lormetazepam, you may experience symptoms such as headaches, muscle pain, anxiety, tension, depression, restlessness, sweating, confusion or irritability. Your original sleeplessness may also return. If you suffer from any of these symptoms, ask your doctor for advice.
- Do not stop taking your tablets suddenly. This could lead to more serious symptoms such as loss of the sense of reality, feeling unreal or detached from life, and unable to feel emotion. Some patients have also experienced numbness or tingling of the arms or legs, tinnitus (ringing sounds in the ears), oversensitivity to light, sound and touch, uncontrolled or overactive movements, twitching, shaking, feeling sick, being sick, stomach upsets or stomach pain, loss of appetite, agitation, abnormally fast heartbeats, panic attacks, dizziness or feeling that you are about to fall, memory loss, hallucinations, feeling stiff and unable to move easily, feeling very warm, convulsions (sudden uncontrolled shaking or jerking of the body).
- Patients taking anti-depressants and patients with seizure disorders may be more likely to experience convulsions.

If you suffer from any of these symptoms, ask your doctor for advice immediately.

4. Possible side effects

Like all medicines, this medicine can cause side effects, although not everybody gets them.

If you experience any of the following serious unwanted effects, you should tell your doctor immediately:

Confusion, depression, numbed emotions, difficulty controlling urges and impulses to speak, act or show emotions, a feeling of well-being for no reason, allergic reaction, changes in appetite, sleep problems, changes in sex drive, sexual problems, headaches, reduced alertness, speech problems, memory loss or forgetfulness, problems with vision, worsening of sleep apnoea, difficulty breathing, feeling sick, stomach upsets, changes in the amount of saliva in the mouth, yellowing of the skin and eyes, skin problems such as a rash, dependence to Lormetazepam Tablets, suicidal thoughts or plans, hypersensitivity including anaphylaxis, twitching or shaking, feeling worried or stressed, slow thoughts, coma, feeling very cold, worsening of original sleeplessness and related symptoms such as: restlessness, agitation, irritability, aggressiveness, loss of the sense of reality, intense anger, nightmares, hallucinations and inappropriate behaviour.

Other side effects include:

Very common (may affect more than 1 in 10 people):

- Daytime drowsiness, feeling calm and sleepy.

Common (may affect around 1 in 100 people):

- Dizziness
- Muscle weakness, poor muscle control and unsteady movements, general weakness,
- Feeling tired.

Rare (may affect around 1 in 1,000 people):

- Blood or liver function changes
- Low blood pressure.

Not known (frequency cannot be estimated from the available data):

- Increased risk of falling.
- Dependence and addiction (see section "How do I know if I am tolerant or addicted?")
- Drug withdrawal – When you stop taking lormetazepam tablets, you may experience drug withdrawal symptoms, which include: headaches, muscle pain, anxiety, tension, depression, restlessness, sweating, confusion or irritability. Do not stop taking your tablets suddenly. This could lead to more serious symptoms such as loss of the sense of reality, feeling unreal or detached from life, and unable to feel emotion. Some patients have also experienced numbness or tingling of the arms or legs, tinnitus (ringing sounds in the ears), oversensitivity to light, sound and touch, uncontrolled or overactive movements, twitching, shaking, feeling sick, being sick, stomach upsets or stomach pain, loss of appetite, agitation, abnormally fast heartbeats, panic attacks, dizziness or feeling that you are about to fall, memory loss, hallucinations, feeling stiff and unable to move easily, feeling very warm, convulsions (sudden uncontrolled shaking or jerking of the body).

How do I know if I am tolerant or addicted? If you notice any of the following signs whilst taking lormetazepam tablets, it could be a sign that you have become addicted.

- You may feel the need to keep taking the medication for longer than your doctor recommended
- You feel you need to use more than the recommended dose
- You are using the medicine for reasons other than prescribed
- When you stop taking the medicine you feel unwell, and you feel better once taking the medicine again

If you notice any of these signs, it is important you talk to your prescriber.

Reporting of side effects

If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via the Yellow Card Scheme Website: www.mhra.gov.uk/yellowcard or search for MHRA Yellow Card in the Google Play or Apple App Store. By reporting side effects, you can help provide more information on the safety of this medicine.

5. How to store Lormetazepam tablets

Keep this medicine out of the sight and reach of children.

Do not use this medicine after the expiry date which is stated on the carton after EXP. The expiry date refers to the last day of that month.

This medicinal product does not require any special storage conditions.

Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help protect the environment.

6. Contents of the pack and other information

What Lormetazepam Tablets contain
The active substance is Lormetazepam 1mg. The other ingredients are lactose monohydrate, maize starch, povidone K-25, croscarmellose sodium and magnesium stearate.

What Lormetazepam Tablets look like and contents of the pack
Lormetazepam 1 mg tablets are presented as white, round tablets scored in one side. The tablet can be divided into equal doses.

Marketing Authorisation Holder and Manufacturer
Marketing Authorisation Holder
Crescent Pharma Ltd., Key House, Sarum Hill, Basingstoke, RG21 8SR, UK.

Manufacturer
Kern Pharma, S.L.
Venus 72
Poligono Ind. Colón II
08228 Terrassa - (Barcelona).
Spain

This leaflet was last revised in March 2026.

P3853T



Product:	Lormetazepam 1mg Tablets - Kern Pharma
Item Code:	P3853T
Size:	173 x 455 mm
Min. Point size:	9pt
O. Artwork	05/03/26
Proof No.	1
Amendment Date	

Colours Used	
	Process Black
	Keyline - does not print