

Package leaflet: Information for the patient

Zalzo 5 mg Orodispersible Tablets
Zalzo 10 mg Orodispersible Tablets
Zolpidem Tartrate

This medicine contains Zolpidem tartrate, which can cause dependence, tolerance and addiction. You can get withdrawal symptoms if you stop taking it or reduce the dose suddenly.

Read all of this leaflet carefully before you start taking this medicine because it contains important information for you.

- Keep this leaflet. You may need to read it again.
- If you have any further questions, ask your doctor or pharmacist.
- This medicine has been prescribed for you only. Do not pass it on to others. It may harm them, even if their signs of illness are the same as yours.
- If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. See section 4.

What is in this leaflet

- What Zalzo is and what it is used for
- What you need to know before you take Zalzo
- How to take Zalzo
- Possible side effects
- How to store Zalzo
- Contents of the pack and other information

1 What Zalzo is and what it is used for

This medicine has been prescribed for you for temporary sleep problems. It contains the zolpidem tartrate which belongs to a class of medicines called Z-drugs.

The name of your medicine is Zalzo Orodispersible Tablets (called Zalzo in this leaflet). Zalzo contains a medicine called zolpidem tartrate. This belongs to a group of medicines called hypnotics. It works by acting on your brain to help you sleep.

This medicine has been prescribed to you and should not be given to anyone else.

Zalzo is used for temporary sleep problems in adults that are causing you severe distress or that are affecting your everyday life. This includes sleep problems in adults such as:

- Difficulty falling asleep
- Waking in the middle of the night
- Waking too early

Your doctor will identify your sleep problem wherever possible and the underlying factors before prescribing this medicine for you. The failure of your sleep problems to stop after a 7–14 day course of treatment may indicate you have an underlying disorder, your doctor will assess you at regular intervals.

Zalzo is used for short-term treatment of insomnia in adults. Do not use long-term. Treatment should be as short as possible, because the risk of dependence increases with the duration of treatment. Ask your doctor for advice if you are unsure.

Zalzo can cause dependence, tolerance and addiction, and you may get withdrawal symptoms if you stop taking it or reduce the dose suddenly. Your prescriber should have explained how long you will be taking it for and, when it is appropriate to stop, how to do this safely. When your treatment is stopped, it is usually done gradually over a period which is specific to you and may occur over a period of weeks to months.

2 What you need to know before you take Zalzo

Do not take Zalzo if:

- You are allergic (hypersensitive) to zolpidem tartrate or any of the other ingredients of Zalzo (listed in section 6). Signs of an allergic reaction include: a rash, swallowing or breathing problems, swelling of your lips, face, throat or tongue.
- Your lungs do not work properly (respiratory failure).
- You have severe liver problems.
- You have a problem where you stop breathing for short periods at night (sleep apnoea).
- You have a problem that causes severe muscle weakness (myasthenia gravis).
- You have been told by a doctor that you have a mental illness (psychosis).
- You are under the age of 18.

Do not take this medicine if any of the above applies to you. If you are not sure, talk to your doctor or pharmacist before taking Zalzo.

Warnings and precautions

Talk to your doctor or pharmacist before taking Zalzo if:

- You have a history of alcohol or drug abuse.
- You have liver problems.
- You have depression or have had another mental illness in the past.
- You have recently taken Zalzo or other similar medicines for more than four weeks.
- You are elderly
- You are or have ever been addicted to opioids, alcohol, prescription medicines, or illegal drugs, or if you have ever had a history of struggling to control your alcohol or drug intake.
- You have previously suffered from withdrawal symptoms such as agitation, anxiety, shaking or sweating, when you have stopped taking alcohol or drugs.
- You feel you need to take more of Zalzo to get the same level of symptom control, this may mean you are developing tolerance to the effects of this medicine or are becoming addicted to it. Speak to your prescriber who will discuss your treatment and may change your dose or switch you to an alternative medication.

Taking this medicine regularly, particularly for a long time, can lead to physical dependence and addiction. Your prescriber should have explained how long you will be taking it for and, when it is appropriate to stop, how to do this safely. When your treatment is stopped, it is usually done gradually over a period which is specific to you and may occur over a period of weeks to months.

Use of Zalzo may lead to the development of abuse and/or physical and psychological dependence. The risk of dependence is greater when Zalzo is used for longer than 4 weeks, and in patients with a history of mental disorders and/or alcohol, illicit substance or drug abuse. Tell your healthcare provider if you have ever had a mental disorder, or have abused or have been dependent on alcohol, substance or drugs.

Physical dependence and addiction can cause withdrawal symptoms when you stop taking this medicine. Withdrawal symptoms can include:

- feeling anxious, shaky, irritable, agitated, confused, having panic attacks, sweating, headache, faster heartbeat or uneven heartbeat (palpitations), lower level of awareness or problems with focussing or concentrating, nightmares, seeing of hearing things that are not real (hallucinations), being more sensitive to light, noise and touch than normal, relaxed grip on reality, numbness and tingling in your hands and feet, aching muscles, stomach problems.

Your prescriber will discuss with you how to gradually reduce your dose before stopping the medicine. It is important that you do not stop taking the medicine suddenly as you will be more likely to experience withdrawal symptoms. 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.

Some studies have shown an increased risk of suicidal ideation, suicide attempt and suicide in patients taking certain sedatives and hypnotics, including this medicine. However, it has not been established whether this is caused by the medicine or if there

may be other reasons. If you have suicidal thoughts, contact your doctor as soon as possible for further medical advice.

Zalzo can cause drowsiness and decrease your level of alertness. This could cause you to fall, sometimes leading to severe injuries.

Zalzo should only be used by those they are prescribed for. Do not give your medicine to anyone else. Taking higher doses or more frequent doses of Zalzo, may increase the risk of addiction. Overuse and misuse can lead to overdose and/or death.

If you are not sure if any of the above applies to you, talk to your doctor or pharmacist before taking Zalzo.

Next-day psychomotor impairment (see also 'Driving and using machines')

The day after taking Zalzo, the risk of psychomotor impairment, including impaired driving ability may be increased if:

- You take this medicine less than 8 hours before performing activities that require your alertness.
- You take a higher dose than the recommended dose.
- You take Zalzo while you are already taking other central nervous system depressants or another medicine that increases Zalzo in your blood, or while drinking alcohol, or while taking illicit substances.

Take the single intake immediately at bedtime. Do not take another dose during the same night.

Other medicines and Zalzo

Tell your doctor or pharmacist if you are taking, have recently taken or might take any other medicines. This includes medicines you buy without a prescription, including herbal medicines. This is because Zalzo can affect the way some other medicines work. Also, some medicines can affect the way Zalzo works.

Zalzo may increase the effect of the following medicines:

While taking Zalzo with the following medicines, drowsiness and next-day psychomotor impairment effects, including impaired driving ability, may be increased.

- Medicines for some mental health problems (antipsychotics).
- Medicines for sleep problems (hypnotics).
- Medicines to calm or reduce anxiety.
- Medicines for depression.
- Medicines for moderate to severe pain (narcotic analgesics).
- Medicines for epilepsy (anti-convulsants).
- Medicines used for anaesthesia.
- Medicines for hay fever, rashes or other allergies that can make you sleepy (sedative antihistamines).

While taking Zalzo with antidepressants including bupropion, desipramine, fluoxetine, sertraline and venlafaxine, you may see things that are not real (hallucinations).

It is not recommended to take Zalzo with fluvoxamine, ciprofloxacin or St John's Wort (a herbal medicine) used for mood swings and depression.

Risks from concomitant use with opioids

Concomitant use of Zalzo and opioids (strong painkillers, medicines for substitution therapy and some cough medicines) increases the risk of drowsiness, difficulties in breathing (respiratory depression), coma and may be life-threatening. Because of this, concomitant use should only be considered when other treatment options are not possible.

However, if your doctor does prescribe Zalzo together with opioids the dosage and duration of concomitant treatment should be limited by your doctor.

Please tell your doctor about all opioid medicines you are taking, and follow your doctor's dosage recommendation closely. It could be helpful to inform friends or relatives to be aware of signs and symptoms stated above. Contact your doctor when experiencing such symptoms.

The following medicines can increase the chance of you getting side effects when taken with Zalzo. To make this less likely, your doctor may decide to lower your dose of Zalzo:

- Some antibiotics such as clarithromycin or erythromycin.
- Some medicines for fungal infections such as ketoconazole and itraconazole.
- Ritonavir (a protease inhibitor) – for HIV infections.

The following medicines can make Zalzo work less well:

- Some medicines for epilepsy such as carbamazepine, phenobarbital or phenytoin.
- Rifampicin (an antibiotic) – for infections.

Zalzo with alcohol

Do not drink alcohol while you are taking Zalzo. Alcohol can increase the effects of Zalzo and make you sleep very deeply so that you do not breathe properly or have difficulty waking.

Pregnancy, breast-feeding and fertility

Pregnancy

Use of Zalzo is not recommended during pregnancy. If you are pregnant, think you may be pregnant or are planning to have a baby, ask your doctor for advice.

If used during pregnancy there is a risk that the baby is affected. Some studies have shown that there may be an increased risk of cleft lip and palate (sometimes called "harelip") in the newborn baby.

Reduced fetal movement and fetal heart rate variability may occur after taking Zalzo during the second and/or third trimester of pregnancy. If Zalzo is taken at the end of pregnancy or during labour, your baby may show muscle weakness, a drop in body temperature, difficulty feeding and breathing problems (respiratory depression).

If this medicine is taken regularly in late pregnancy, your baby may develop physical dependence and may be at risk of developing withdrawal symptoms such as agitation or shaking. In this case the newborn should be closely monitored during the postnatal period.

Breast-feeding

Do not take Zalzo if you are breast-feeding or planning to breast-feed. This is because small amounts may pass into mothers' milk.

Ask your doctor or pharmacist for advice before taking any medicine if you are pregnant or breast-feeding.

Driving and using machines

Zalzo has major influence on the ability to drive and use machines such as 'sleep-driving'. On the day after taking Zalzo (as with other hypnotic medicines), you should be aware that:

- You may feel drowsy, sleepy, dizzy or confused.
- Your quick decision-making may be longer.
- Your vision may be blurred or double.
- You may be less alert.

A period of at least 8 hours is recommended between taking Zalzo and driving, using machinery and working at heights to minimize the above listed effects.

Do not drink alcohol or take other psychoactive substances while you are taking Zalzo as it can increase the above listed effects.

ZALZO contains lactose and aspartame

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

ZALZO 5 mg orodispersible tablets contains 2.5 mg of aspartame (E951) and ZALZO 10 mg orodispersible tablets contains 5 mg of aspartame (E951). Aspartame is a source of phenylalanine. It may be harmful if you have phenylketonuria (PKU), a rare genetic disorder in which phenylalanine builds up because the body cannot remove it properly.

3 How to take Zalzo

Your prescriber should have discussed with you how long the course of tablets will last. They will arrange a plan for stopping treatment. This will outline how to gradually reduce the dose and

Artwork Number / Barcode May Be Added

	
Product : Zolpidem 5 mg and 10 mg Orodispersible Tablets	Dimension (mm) : 210 x 560 mm Font : Arial - 9 pt
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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.

Always take Zalzo exactly as your doctor has told you. You should check with your doctor or pharmacist if you are not sure.

Taking this medicine

- Take this medicine by mouth.
- The tablet should be placed on your tongue and allowed to disintegrate before swallowing, with or without water, according to your preference.
- The recommended dose per 24 hours is 10 mg of Zalzo. A lower dose may be prescribed to some patients.
- Zalzo should be taken as a single intake just before bedtime.
- Make sure you have a period of at least 8 hours after taking this medicine before performing activities that require your alertness.
- Do not exceed 10 mg per 24 hours.
- The usual length of treatment is 2 days to 4 weeks.

How much to take

Adults

- The usual dose is one Zalzo (10 mg) just before bedtime.

Elderly

- The usual dose is one Zalzo (5 mg) just before bedtime.

Patients with liver problems

- The usual starting dose is one Zalzo (5 mg) just before bedtime. Your doctor may decide to increase this to one tablet (10 mg) if it is safe to do so.

Children and adolescents

Zalzo should not be used in people under 18 years old.

If you take more Zalzo than you should

If you take more Zalzo than you should, tell a doctor or go to a hospital casualty department straight away. Take the medicine pack with you. This is so the doctor knows what you have taken.

Taking too much Zalzo can be very dangerous. The following effects may happen:

- Feeling drowsy, confused, sleeping deeply and possibly falling into a fatal coma.

If you forget to take Zalzo

Zalzo must only be taken at bedtime. If you forget to take your tablet at bedtime, then you should not take it at any other time, otherwise you may feel drowsy, dizzy and confused during the day. **Do not** take a double dose to make up for a forgotten tablet.

If you stop taking Zalzo

Keep taking Zalzo until your doctor tells you to stop. Do not stop taking Zalzo suddenly, but tell your doctor if you want to stop. Your doctor will need to lower your dose and stop your tablets over a period of time. If you stop taking Zalzo suddenly, your sleep problems may come back and you may get a 'withdrawal effect'. If this happens you may get some of the effects listed below.

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.

See a doctor straight away if you get any of the following effects/withdrawal symptoms:

- Feeling anxious, shaky, restless, irritable, agitated or confused
- Having panic attacks
- Sweating
- Headache
- Faster heartbeat or uneven heartbeat (palpitations)
- Lower level of awareness or problems with focussing or concentrating
- Nightmares, seeing or hearing things that are not real (hallucinations)
- Being more sensitive to light, noise and touch than normal
- Relaxed grip on reality
- Feeling distant from your body or feeling 'puppet-like'
- Numbness and tingling in your hands and feet
- Aching muscles
- Stomach problems
- Sleep problems come back worse than before
- Fits (seizures)

4 Possible side effects

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

STOP taking Zalzo and see a doctor or go to a hospital straight away if:

- You have an **allergic reaction**. These signs may include: an itchy, lumpy rash (hives) or nettle rash (urticaria), swelling of the hands, feet, ankles, face, lips or throat which may cause difficulty in swallowing or breathing.

Tell your doctor as soon as possible if you have any of the following side effects:

Common side effects (may affect less than 1 in 10 people)

- Poor memory while taking Zalzo (amnesia) and strange behaviour during this time. This is more likely to affect you in the few hours after you take this medicine. By having 7-8 hours sleep after taking Zalzo, this is less likely to cause you a problem
- Sleeping problems that get worse after taking this medicine
- Seeing or hearing things that are not real (hallucinations)

Uncommon side effects (may affect less than 1 in 100 people)

- Blurred eyesight or 'seeing double'

Rare side effects (may affect less than 1 in 1,000 people)

- Being less aware of your environment
- Falling, especially in the elderly

Sleep-driving and other sleep-related behaviour

There have been some reports of people doing things while asleep that they do not remember when waking up after taking a sleeping medicine. This includes sleep-driving, sleepwalking, preparing and eating food, and having sex. Alcohol and some medicines for depression or anxiety can increase the chance that this serious effect will happen.

Tell your doctor or pharmacist if any of the following side effects get serious or lasts longer than a few days:

Common side effects (may affect less than 1 in 10 people)

- Diarrhoea
- Feeling sick (nausea) or being sick (vomiting)
- Abdominal pain
- Respiratory infection
- Headache
- Feeling tired or agitated
- Nightmares
- Depression
- Feeling dizzy
- Feeling drowsy or sleepy
- Back pain

Uncommon side effects (may affect less than 1 in 100 people)

- Itching skin or skin rash
- Excessive sweating
- Feeling restless, aggressive, confused or irritable
- Feeling overly happy/confident (euphoric)
- Unusual skin sensations such as numbness, tingling, pricking, burning or creeping on the skin (paraesthesia)
- Tremor
- Sleepwalking (see 'Sleep-driving and other sleep-related behaviour')
- Lack of concentration
- Speech problems

- Blurred vision
- Changes in the amount of liver enzymes – shown up in the results of blood tests
- Changes in appetite or behaviour concerning appetite
- Muscle pain
- Muscle spasms
- Limp or weak muscles

Rare side effects (may affect less than 1 in 1,000 people)

- Itchy, lumpy rash (urticaria)
- Thinking things that are not true (delusions)
- Changes in sex drive (libido)
- You have discolouration of the skin or eyes, pain in the abdomen (stomach) or a bloated feeling, severe itching, pale or bloody stools, extreme weakness, nausea or loss of appetite. This could be caused by an infection or injury to the liver
- An illness where removal of bile from the liver is blocked (cholestasis). Signs include jaundice, rash or fever and the colour of your water (urine) becomes darker
- Changes in the way you walk

Very rare side effects (may affect less than 1 in 10,000 people)

- Any changes of vision, in particular loss of vision
- Slower breathing (respiratory depression)
- Becoming dependent on Zalzo

Not known (frequency cannot be estimated from available data)

- A feeling of being out of touch with reality and being unable to think or judge clearly (psychosis)
- Feeling angry or showing unusual behaviour
- Needing to take more Zalzo in order to sleep

Unknown frequency:

- dependence and addiction (see section "How do I know if I am tolerant or addicted?").

Drug Withdrawal

When you stop taking Zalzo, you may experience drug withdrawal symptoms, which include:

- feeling anxious, shaky, irritable, agitated, confused, having panic attacks, sweating, headache, faster heartbeat or uneven heartbeat (palpitations), lower level of awareness or problems with focusing or concentrating, nightmares, seeing of hearing things that are not real (hallucinations), being more sensitive to light, noise and touch than normal, relaxed grip on reality, numbness and tingling in your hands and feet, aching muscles, stomach problems.

How do I know if I am tolerant or addicted?

If you notice any of the following signs whilst taking Zalzo, 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, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via the Yellow Card Scheme at: 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 Zalzo

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

This medicinal product does not require any special temperature storage conditions. Store in the original package in order to protect from light and moisture.

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

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 Zalzo contains

The active substance is zolpidem tartrate:

- Each Zalzo 5 mg Orodispersible Tablets contains 5 mg of zolpidem tartrate.
- Each Zalzo 10 mg Orodispersible Tablets contains 10 mg of zolpidem tartrate.

Other ingredients:

- Polacrillin Potassium, Mannitol (E421), Lactose Monohydrate, Cellulose Microcrystalline, Silica Colloidal Anhydrous, Aspartame (E 951), Magnesium Stearate (E 572), Flavor Black Currant.
- Flavor Black Currant consists of: Flavoring substances, Flavoring preparations, Natural flavoring substances, Maize maltodextrin, E 1518 Glycerol triacetate, E 1505 Triethyl citrate, E 150d Sulphite ammonia caramel and Moisture.

What Zalzo looks like and contents of the pack

Zalzo 5 mg Orodispersible Tablets is a white to off-white, round, flat, bevelled edged tablets, with "5" engraved on one side and plain on other side.

Zalzo 10 mg Orodispersible Tablets is a white to off-white, round, flat, bevelled edged tablets, with "10" engraved on one side and plain on other side.

Zalzo 5 mg Orodispersible Tablets are packed in alu-alu blister containing 4, 28 and 56 Orodispersible Tablets.

Zalzo 10 mg Orodispersible Tablets are packed in alu-alu blister containing 4 and 28 Orodispersible Tablets.

Not all pack sizes may be marketed.

Marketing Authorisation Holder and Manufacturer

Marketing Authorisation
Novumgen Limited
20-22 Wenlock Road, London,
N1 7GU, United Kingdom

The Manufacturer

Cubic Pharmaceuticals Limited
Unit 3, Sextant Park, Neptune Close
Medway City Estate, Rochester, Kent
ME2 4LU, United Kingdom

The leaflet was last revised in Nov 2025.

To request a copy of this leaflet in Braille, large print or audio format, please contact on +44 (0) 203 096 6496



Artwork Number / Barcode May Be Added

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- Difficulty falling asleep
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Your doctor will identify your sleep problem wherever possible and the underlying factors before prescribing this medicine for you. The failure of your sleep problems to stop after a 7–14 day course of treatment may indicate you have an underlying disorder, your doctor will assess you at regular intervals.

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- Your lungs do not work properly (respiratory failure).
- You have severe liver problems.
- You have a problem where you stop breathing for short periods at night (sleep apnoea).
- You have a problem that causes severe muscle weakness (myasthenia gravis).
- You have been told by a doctor that you have a mental illness (psychosis).
- You are under the age of 18.

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- You have liver problems.
- You have depression or have had another mental illness in the past.
- You have recently taken Zalzo or other similar medicines for more than four weeks.
- You are elderly
- You are or have ever been addicted to opioids, alcohol, prescription medicines, or illegal drugs, or if you have ever had a history of struggling to control your alcohol or drug intake.
- You have previously suffered from withdrawal symptoms such as agitation, anxiety, shaking or sweating, when you have stopped taking alcohol or drugs.
- You feel you need to take more of Zalzo to get the same level of symptom control, this may mean you are developing tolerance to the effects of this medicine or are becoming addicted to it. Speak to your prescriber who will discuss your treatment and may change your dose or switch you to an alternative medication.

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may be other reasons. If you have suicidal thoughts, contact your doctor as soon as possible for further medical advice.

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If you are not sure if any of the above applies to you, talk to your doctor or pharmacist before taking Zalzo.

Next-day psychomotor impairment (see also 'Driving and using machines')

The day after taking Zalzo, the risk of psychomotor impairment, including impaired driving ability may be increased if:

- You take this medicine less than 8 hours before performing activities that require your alertness.
- You take a higher dose than the recommended dose.
- You take Zalzo while you are already taking other central nervous system depressants or another medicine that increases Zalzo in your blood, or while drinking alcohol, or while taking illicit substances.

Take the single intake immediately at bedtime. Do not take another dose during the same night.

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Tell your doctor or pharmacist if you are taking, have recently taken or might take any other medicines. This includes medicines you buy without a prescription, including herbal medicines. This is because Zalzo can affect the way some other medicines work. Also, some medicines can affect the way Zalzo works.

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- Medicines for some mental health problems (antipsychotics).
- Medicines for sleep problems (hypnotics).
- Medicines to calm or reduce anxiety.
- Medicines for depression.
- Medicines for moderate to severe pain (narcotic analgesics).
- Medicines for epilepsy (anti-convulsants).
- Medicines used for anaesthesia.
- Medicines for hay fever, rashes or other allergies that can make you sleepy (sedative antihistamines).

While taking Zalzo with antidepressants including bupropion, desipramine, fluoxetine, sertraline and venlafaxine, you may see things that are not real (hallucinations).

It is not recommended to take Zalzo with fluvoxamine, ciprofloxacin or St John's Wort (a herbal medicine) used for mood swings and depression.

Risks from concomitant use with opioids

Concomitant use of Zalzo and opioids (strong painkillers, medicines for substitution therapy and some cough medicines) increases the risk of drowsiness, difficulties in breathing (respiratory depression), coma and may be life-threatening. Because of this, concomitant use should only be considered when other treatment options are not possible.

However, if your doctor does prescribe Zalzo together with opioids the dosage and duration of concomitant treatment should be limited by your doctor.

Please tell your doctor about all opioid medicines you are taking, and follow your doctor's dosage recommendation closely. It could be helpful to inform friends or relatives to be aware of signs and symptoms stated above. Contact your doctor when experiencing such symptoms.

The following medicines can increase the chance of you getting side effects when taken with Zalzo. To make this less likely, your doctor may decide to lower your dose of Zalzo:

- Some antibiotics such as clarithromycin or erythromycin.
- Some medicines for fungal infections such as ketoconazole and itraconazole.
- Ritonavir (a protease inhibitor) – for HIV infections.

The following medicines can make Zalzo work less well:

- Some medicines for epilepsy such as carbamazepine, phenobarbital or phenytoin.
- Rifampicin (an antibiotic) – for infections.

Zalzo with alcohol

Do not drink alcohol while you are taking Zalzo. Alcohol can increase the effects of Zalzo and make you sleep very deeply so that you do not breathe properly or have difficulty waking.

Pregnancy, breast-feeding and fertility

Pregnancy

Use of Zalzo is not recommended during pregnancy. If you are pregnant, think you may be pregnant or are planning to have a baby, ask your doctor for advice.

If used during pregnancy there is a risk that the baby is affected. Some studies have shown that there may be an increased risk of cleft lip and palate (sometimes called "harelip") in the newborn baby.

Reduced fetal movement and fetal heart rate variability may occur after taking Zalzo during the second and/or third trimester of pregnancy. If Zalzo is taken at the end of pregnancy or during labour, your baby may show muscle weakness, a drop in body temperature, difficulty feeding and breathing problems (respiratory depression).

If this medicine is taken regularly in late pregnancy, your baby may develop physical dependence and may be at risk of developing withdrawal symptoms such as agitation or shaking. In this case the newborn should be closely monitored during the postnatal period.

Breast-feeding

Do not take Zalzo if you are breast-feeding or planning to breast-feed. This is because small amounts may pass into mothers' milk.

Ask your doctor or pharmacist for advice before taking any medicine if you are pregnant or breast-feeding.

Driving and using machines

Zalzo has major influence on the ability to drive and use machines such as 'sleep-driving'. On the day after taking Zalzo (as with other hypnotic medicines), you should be aware that:

- You may feel drowsy, sleepy, dizzy or confused.
- Your quick decision-making may be longer.
- Your vision may be blurred or double.
- You may be less alert.

A period of at least 8 hours is recommended between taking Zalzo and driving, using machinery and working at heights to minimize the above listed effects.

Do not drink alcohol or take other psychoactive substances while you are taking Zalzo as it can increase the above listed effects.

ZALZO contains lactose and aspartame

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

ZALZO 5 mg orodispersible tablets contains 2.5 mg of aspartame (E951) and ZALZO 10 mg orodispersible tablets contains 5 mg of aspartame (E951). Aspartame is a source of phenylalanine. It may be harmful if you have phenylketonuria (PKU), a rare genetic disorder in which phenylalanine builds up because the body cannot remove it properly.

3 How to take Zalzo

Your prescriber should have discussed with you how long the course of tablets will last. They will arrange a plan for stopping treatment. This will outline how to gradually reduce the dose and

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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.

Always take Zalzo exactly as your doctor has told you. You should check with your doctor or pharmacist if you are not sure.

Taking this medicine

- Take this medicine by mouth.
- The tablet should be placed on your tongue and allowed to disintegrate before swallowing, with or without water, according to your preference.
- The recommended dose per 24 hours is 10 mg of Zalzo. A lower dose may be prescribed to some patients.
- Zalzo should be taken as a single intake just before bedtime.
- Make sure you have a period of at least 8 hours after taking this medicine before performing activities that require your alertness.
- Do not exceed 10 mg per 24 hours.
- The usual length of treatment is 2 days to 4 weeks.

How much to take

Adults

- The usual dose is one Zalzo (10 mg) just before bedtime.

Elderly

- The usual dose is one Zalzo (5 mg) just before bedtime.

Patients with liver problems

- The usual starting dose is one Zalzo (5 mg) just before bedtime. Your doctor may decide to increase this to one tablet (10 mg) if it is safe to do so.

Children and adolescents

Zalzo should not be used in people under 18 years old.

If you take more Zalzo than you should

If you take more Zalzo than you should, tell a doctor or go to a hospital casualty department straight away. Take the medicine pack with you. This is so the doctor knows what you have taken.

Taking too much Zalzo can be very dangerous. The following effects may happen:

- Feeling drowsy, confused, sleeping deeply and possibly falling into a fatal coma.

If you forget to take Zalzo

Zalzo must only be taken at bedtime. If you forget to take your tablet at bedtime, then you should not take it at any other time, otherwise you may feel drowsy, dizzy and confused during the day. **Do not** take a double dose to make up for a forgotten tablet.

If you stop taking Zalzo

Keep taking Zalzo until your doctor tells you to stop. Do not stop taking Zalzo suddenly, but tell your doctor if you want to stop. Your doctor will need to lower your dose and stop your tablets over a period of time. If you stop taking Zalzo suddenly, your sleep problems may come back and you may get a 'withdrawal effect'. If this happens you may get some of the effects listed below.

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.

See a doctor straight away if you get any of the following effects/withdrawal symptoms:

- Feeling anxious, shaky, restless, irritable, agitated or confused
- Having panic attacks
- Sweating
- Headache
- Faster heartbeat or uneven heartbeat (palpitations)
- Lower level of awareness or problems with focussing or concentrating
- Nightmares, seeing or hearing things that are not real (hallucinations)
- Being more sensitive to light, noise and touch than normal
- Relaxed grip on reality
- Feeling distant from your body or feeling 'puppet-like'
- Numbness and tingling in your hands and feet
- Aching muscles
- Stomach problems
- Sleep problems come back worse than before
- Fits (seizures)

4 Possible side effects

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

STOP taking Zalzo and see a doctor or go to a hospital straight away if:

- You have an **allergic reaction**. These signs may include: an itchy, lumpy rash (hives) or nettle rash (urticaria), swelling of the hands, feet, ankles, face, lips or throat which may cause difficulty in swallowing or breathing.

Tell your doctor as soon as possible if you have any of the following side effects:

Common side effects (may affect less than 1 in 10 people)

- Poor memory while taking Zalzo (amnesia) and strange behaviour during this time. This is more likely to affect you in the few hours after you take this medicine. By having 7-8 hours sleep after taking Zalzo, this is less likely to cause you a problem
- Sleeping problems that get worse after taking this medicine
- Seeing or hearing things that are not real (hallucinations)

Uncommon side effects (may affect less than 1 in 100 people)

- Blurred eyesight or 'seeing double'

Rare side effects (may affect less than 1 in 1,000 people)

- Being less aware of your environment
- Falling, especially in the elderly

Sleep-driving and other sleep-related behaviour

There have been some reports of people doing things while asleep that they do not remember when waking up after taking a sleeping medicine. This includes sleep-driving, sleepwalking, preparing and eating food, and having sex. Alcohol and some medicines for depression or anxiety can increase the chance that this serious effect will happen.

Tell your doctor or pharmacist if any of the following side effects get serious or lasts longer than a few days:

Common side effects (may affect less than 1 in 10 people)

- Diarrhoea
- Feeling sick (nausea) or being sick (vomiting)
- Abdominal pain
- Respiratory infection
- Headache
- Feeling tired or agitated
- Nightmares
- Depression
- Feeling dizzy
- Feeling drowsy or sleepy
- Back pain

Uncommon side effects (may affect less than 1 in 100 people)

- Itching skin or skin rash
- Excessive sweating
- Feeling restless, aggressive, confused or irritable
- Feeling overly happy/confident (euphoric)
- Unusual skin sensations such as numbness, tingling, pricking, burning or creeping on the skin (paraesthesia)
- Tremor
- Sleepwalking (see 'Sleep-driving and other sleep-related behaviour')
- Lack of concentration
- Speech problems

- Blurred vision
- Changes in the amount of liver enzymes – shown up in the results of blood tests
- Changes in appetite or behaviour concerning appetite
- Muscle pain
- Muscle spasms
- Limp or weak muscles

Rare side effects (may affect less than 1 in 1,000 people)

- Itchy, lumpy rash (urticaria)
- Thinking things that are not true (delusions)
- Changes in sex drive (libido)
- You have discolouration of the skin or eyes, pain in the abdomen (stomach) or a bloated feeling, severe itching, pale or bloody stools, extreme weakness, nausea or loss of appetite. This could be caused by an infection or injury to the liver
- An illness where removal of bile from the liver is blocked (cholestasis). Signs include jaundice, rash or fever and the colour of your water (urine) becomes darker
- Changes in the way you walk

Very rare side effects (may affect less than 1 in 10,000 people)

- Any changes of vision, in particular loss of vision
- Slower breathing (respiratory depression)
- Becoming dependent on Zalzo

Not known (frequency cannot be estimated from available data)

- A feeling of being out of touch with reality and being unable to think or judge clearly (psychosis)
- Feeling angry or showing unusual behaviour
- Needing to take more Zalzo in order to sleep

Unknown frequency:

- dependence and addiction (see section "How do I know if I am tolerant or addicted?").

Drug Withdrawal

When you stop taking Zalzo, you may experience drug withdrawal symptoms, which include:

- feeling anxious, shaky, irritable, agitated, confused, having panic attacks, sweating, headache, faster heartbeat or uneven heartbeat (palpitations), lower level of awareness or problems with focusing or concentrating, nightmares, seeing of hearing things that are not real (hallucinations), being more sensitive to light, noise and touch than normal, relaxed grip on reality, numbness and tingling in your hands and feet, aching muscles, stomach problems.

How do I know if I am tolerant or addicted?

If you notice any of the following signs whilst taking Zalzo, 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, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via the Yellow Card Scheme at: 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 Zalzo

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

This medicinal product does not require any special temperature storage conditions. Store in the original package in order to protect from light and moisture.

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

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 Zalzo contains

The active substance is zolpidem tartrate:

- Each Zalzo 5 mg Orodispersible Tablets contains 5 mg of zolpidem tartrate.
- Each Zalzo 10 mg Orodispersible Tablets contains 10 mg of zolpidem tartrate.

Other ingredients:

- Polacrillin Potassium, Mannitol (E421), Lactose Monohydrate, Cellulose Microcrystalline, Silica Colloidal Anhydrous, Aspartame (E 951), Magnesium Stearate (E 572), Flavor Black Currant.
- Flavor Black Currant consists of: Flavoring substances, Flavoring preparations, Natural flavoring substances, Maize maltodextrin, E 1518 Glyceryl triacetate, E 1505 Triethyl citrate, E 150d Sulphite ammonia caramel and Moisture.

What Zalzo looks like and contents of the pack

Zalzo 5 mg Orodispersible Tablets is a white to off-white, round, flat, bevelled edged tablets, with "5" engraved on one side and plain on other side.

Zalzo 10 mg Orodispersible Tablets is a white to off-white, round, flat, bevelled edged tablets, with "10" engraved on one side and plain on other side.

Zalzo 5 mg Orodispersible Tablets are packed in alu-alu blister containing 4, 28 and 56 Orodispersible Tablets.

Zalzo 10 mg Orodispersible Tablets are packed in alu-alu blister containing 4 and 28 Orodispersible Tablets.

Not all pack sizes may be marketed.

Marketing Authorisation Holder and Manufacturer

Marketing Authorisation

Novumgen Limited
20-22 Wenlock Road, London,
N1 7GU, United Kingdom

The Manufacturer

Sciom Limited
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To request a copy of this leaflet in Braille, large print or audio format, please contact on +44 (0) 203 096 6496



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