Prescription Labels Task includes:

Prescription Labels and Questions



**Prescription Insert 2**

Ambien is used to treat sleep problems (insomnia). It may help you fall asleep faster, stay asleep longer, and reduce the number of times you awaken during the night.

This medication is usually limited to short-term treatment periods of 1-2 weeks or less.

**How to use Ambien Oral**

Take this medication by mouth, usually once nightly immediately before bedtime on an empty stomach, or as directed by your doctor. Do not take it with food because the effect of the medication will be delayed.

**Ambien Oral Precautions**

Before taking Ambien, tell your doctor or pharmacist if you are allergic to it; or if you have any other allergies.

This drug may make you dizzy or drowsy; use caution engaging in activities requiring alertness, such as driving or using machinery. Avoid alcoholic beverages because they may increase the risk of this drug's side effects.

**Ambien Oral Side Effects**

Dizziness, lightheadedness, headache, upset stomach, diarrhea, and dry mouth may occur. To minimize the risk of falls, remember to get up slowly when rising from a seated or lying position. If any of these effects persist or worsen, notify your doctor or pharmacist promptly.

This medication may make you sleepy during the day. Tell your doctor if you have daytime drowsiness. Your dose may need to be adjusted.

**Notes**

Do not share this medication with others. It is against the law.

**Missed Dose**

If you miss a dose, take it as soon as you remember if it is still near bedtime and you have trouble falling asleep. If it is already the next day, resume your usual dosing schedule that night at bedtime. Do not double the dose to catch up.

**Storage**

Store at room temperature between 68-77 degrees F (20-25 degrees C) away from light and moisture. Do not store in the bathroom. Keep all medicines away from children and pets.

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|  | Medicine 1  Allegra | Medicine 2  Ambien |
| 1. Purpose of medicine |  |  |
| 1. Name 3 possible problems |  |  |
| 1. Name 2 warnings |  |  |
| 1. How long can you take it? |  |  |
| 1. What if you forget to take it? |  |  |