



# Victory Physicians Family Medicine

## Sedative Hypnotic Information Sheet

(Ambien, Lunesta, Sonata, Rozerum, Chloral Hydrate)

This sheet is intended to provide a brief summary of some of the important properties of sedative hypnotics and some of the major risks and side effects of sedative hypnotic therapy.

- \_\_\_\_\_ Initial
- 1) It must be understood that treating insomnia with sedative hypnotics comes with the risk of addiction.
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- 2) All sedative hypnotic medications are addictive. In general, the larger the dose and the longer duration the dose is taken, the greater the potential for addiction.
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- 3) Many patients who choose to stop treating their insomnia with sedative hypnotics or who have their disease medically or spontaneously cured, require detoxification and rehabilitation to cure their sedative hypnotic addiction.
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- 4) Sedative hypnotics cause both physiologic and psychologic dependence. The body and mind come to depend on the presence of the sedative hypnotics and can precipitate withdrawal symptoms in their absence.
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- 5) Sedative hypnotics cause tolerance. The higher the dose and the longer the duration of treatment the greater the tolerance. This means it requires a greater and greater dose to achieve the same effect. Since both the mind and body seek the same effect, what results is inadvertent escalation of the dose. This is exactly why only the doctor is permitted to adjust the dose and the dosing regimen.
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- 6) Sedative hypnotics have many side effects some of which can be life threatening. There are too many to list in their entirety here. All patients must read the medication inserts, ask their pharmacist or otherwise research the side effects of sedative hypnotics prior to taking these medications. Failure to do so might result in the patient not recognizing an ill effect which can be life threatening. Some of the many side effects include:
- a) Addiction
  - b) Dependence
  - c) Tolerance
  - d) Euphoria
  - e) Sedation
  - f) Respiratory depression
  - g) Faintness or fainting
  - h) Ataxia
  - i) Impaired ability to concentrate and/or operate machinery and/or perform coordinated tasks
  - j) Excess sleep
  - k) Slurring of words

- l) Nausea/vomiting
- m) Low blood pressure
- n) Potentiation by other substances like alcohol
- o) Sleep walking
- p) Sleep driving
- q) Amnesia

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Initial
- 7) There are always other alternatives to treating insomnia with sedative hypnotics. Depending on the diagnosis, alternatives might include antidepressants, benzodiazepines, warm milk, exercise, massage, jacuzzi, biofeedback, acupuncture, medical marijuana, herbal therapies among others.
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- 8) It is essential that the patient follow the doctors dosing and dosage regimen and report any adverse reactions or side effects immediately to the doctor. Medication should be stopped until cleared to restart by the physician.
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- 9) Sedative hypnotic medications can cover up, obscure or hide other serious medical problems. If a patient suspects there might be another problem going on, they must seek help immediately. This is why patients can never take sedative hypnotic medicines for any problem other than the one they have been prescribed for. Patients must maintain constant vigilance for any other problems that may be materializing.
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- 10) Any condition that interferes with the patient's ability to follow a doctor's instructions or increases the risk of addiction, might be a contraindication to sedative hypnotic therapy and must be disclosed to the physician prior to beginning therapy.
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Initial
- 11) Alcohol, muscle relaxants like Soma, benzodiazepines like Xanax, narcotics like Vicodin and recreational drugs can have dangerous additive effects when taken with sedative hypnotics. Never drink alcohol or take illicit drugs on the same day as taking sedative hypnotics and **stagger doses** of prescription muscle relaxants, benzodiazepines and narcotics to decrease the dangerous additive effects especially on respiratory depression.

My signature below indicates I have read, understand, agree with, and agree to comply with Frank Arian, M.D. A California Professional Corporation dba Victory Physicians' Sedative Hypnotic Information Sheet and have received a copy for my future reference. I asked all questions I have and all of my questions were answered to my satisfaction and I wish to proceed with sedative hypnotic therapy.

\_\_\_\_\_  
Patient's Name

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date