

LET YOUR DOCTOR KNOW YOU PREFER THE AMBIEN OR AMBIEN CR BRAND

YOUR DOCTOR VISIT CHECKLIST

You can do this! One of the biggest, most important reminders is to be an advocate for yourself. When you talk to your doctor, make sure you ask specifically for brand name AMBIEN or AMBIEN CR, prescribed to be Dispense As Written (DAW)—or your state's approved language—on your prescription.

Follow these pointers when you visit your doctor:



KNOW THE DIFFERENCE BEFORE YOU GO

AMBIEN and AMBIEN CR serve a different purpose. It is important that you talk with your doctor to figure out which formulation is right for you.

- AMBIEN is a sleep aid that helps you fall asleep each night.
- AMBIEN CR has a dual purpose. It helps you fall asleep and also helps you stay asleep each night.



LEARN WHAT THE PILL AND BOTTLE LOOK LIKE

It's easy to identify brand name AMBIEN or AMBIEN CR. Know what to look for when you pick your prescription up from the pharmacy.



WHEN YOU GET THERE, DISCUSS THE IMPORTANCE OF DISPENSE AS WRITTEN

To make sure you get a prescription for the AMBIEN or AMBIEN CR brand, it is important to ask your healthcare provider to write specific language on every one of your prescriptions—including refills—such as:

- Dispense As Written (DAW)
- Do Not Substitute
- No Substitution
- Brand Medically Necessary
- Brand Necessary



WHAT SHOULD I TELL MY HEALTHCARE PROVIDER BEFORE TAKING AMBIEN OR AMBIEN CR?

AMBIEN or AMBIEN CR may not be right for you. Before starting AMBIEN or AMBIEN CR, tell your healthcare provider about all of your health conditions, including if you:

- Have a history of depression, mental illness, or suicidal thoughts
- Have a history of drug or alcohol abuse or addiction
- Have kidney or liver disease
- Have a lung disease or breathing problems
- Are pregnant, planning to become pregnant. Talk to your healthcare provider about the risk to your unborn baby if you take AMBIEN or AMBIEN CR.
- Using AMBIEN in the last trimester of pregnancy may cause breathing difficulties or excess sleepiness in your newborn. Monitor for signs of sleepiness (more than usual), trouble breathing, or limpness in the newborn if AMBIEN or AMBIEN CR is taken late in pregnancy.
- Are breastfeeding or plan to breastfeed. AMBIEN and AMBIEN CR passes into your breast milk. Talk to your healthcare provider about the best way to feed your baby while you take AMBIEN.

Tell your healthcare provider about all of the medicines you take, including prescription and nonprescription medicines, vitamins and herbal supplements.

Please see full Important Safety Information on pages 2 & 3.

Click here for full [Prescribing Information](#) including boxed WARNING and [Medication Guide](#) for AMBIEN.
Click here for full [Prescribing Information](#) including boxed WARNING and [Medication Guide](#) for AMBIEN CR.



What is AMBIEN® (zolpidem tartrate) or AMBIEN CR® (zolpidem tartrate)

AMBIEN is a prescription medicine for the short term treatment of adults who have trouble falling asleep.

AMBIEN CR is a prescription medicine for treatment of adults with trouble falling asleep and/or waking up often during the night.

AMBIEN and AMBIEN CR are not recommended in children under the age of 18 years.

IMPORTANT SAFETY INFORMATION

WARNING: COMPLEX SLEEP BEHAVIORS

Complex sleep behaviors including sleep-walking, sleep-driving, and engaging in other activities while not fully awake may occur following use of AMBIEN or AMBIEN CR. Some of these events may result in serious injuries, including death. Discontinue AMBIEN or AMBIEN CR immediately if you experience a complex sleep behavior

Do not take more AMBIEN or AMBIEN CR than prescribed.

Do not take AMBIEN or AMBIEN CR unless you are able to stay in bed a full night (7 to 8 hours) before you must be active again.

Take AMBIEN or AMBIEN CR only once per night, right before going to bed.

AMBIEN and AMBIEN CR may cause serious side effects including complex sleep behaviors that have caused serious injury and death. After taking AMBIEN or AMBIEN CR you may get up out of bed while not being fully awake and do an activity that you do not know you are doing (complex sleep behaviors). The next morning, you may not remember that you did anything during the night. These activities may occur with AMBIEN or AMBIEN CR whether or not you drink alcohol or take other medicines that make you sleepy.

- Reported activities include:
 - driving a car (“sleep-driving”)
 - making and eating food
 - talking on the phone
 - having sex
 - sleep-walking
- **Stop taking AMBIEN or AMBIEN CR and call your doctor right away if you find out that you have done any of these activities after taking AMBIEN or AMBIEN CR.**

You should not drive a car or do things that require clear thinking the day after you take AMBIEN CR.

Do not take AMBIEN or AMBIEN CR if you:

- have ever experienced a complex sleep behavior (such as driving a car, making and eating food, talking on the phone, or having sex while not being fully awake) after taking AMBIEN or AMBIEN CR.
- drank alcohol that evening or before bed.
- take other medicines that can make you sleepy.

AMBIEN and AMBIEN CR are federally controlled substances (C-IV) because they can be abused or cause dependence.

Click here for full [Prescribing Information](#) including boxed WARNING and [Medication Guide](#) for AMBIEN.
Click here for full [Prescribing Information](#) including boxed WARNING and [Medication Guide](#) for AMBIEN CR.



Do not take AMBIEN or AMBIEN CR if you are allergic to zolpidem or any other ingredients in AMBIEN or AMBIEN CR.

- Do not take AMBIEN or AMBIEN CR if you have had an allergic reaction to drugs containing zolpidem, such as Ambien CR, Edluar, Zolpimist, or Intermezzo.
- Symptoms of a serious allergic reaction to zolpidem can include swelling of your face, lips, and throat that may cause difficulty breathing or swallowing.

Before taking AMBIEN or AMBIEN CR, tell your doctor about all of your medical conditions, including if you:

- have a history of depression, mental illness, or suicidal thoughts
- have a history of drug or alcohol abuse or addiction
- have kidney or liver disease
- have a lung disease or breathing problems
- are pregnant or plan to become pregnant
- are breastfeeding or plan to breastfeed.

AMBIEN and AMBIEN CR may cause serious side effects, including:

- **getting out of bed while not being fully awake and doing an activity that you do not know you are doing.**
- **abnormal thoughts and behavior.** For Ambien and Ambien CR, symptoms include more outgoing or aggressive behavior than normal, confusion, agitation, hallucinations, worsening of depression, and suicidal thoughts or actions and additionally for Ambien CR, acting strangely.
- **memory loss**
- **anxiety**
- **severe allergic reactions.** Symptoms include swelling of the tongue or throat, and trouble breathing. Get emergency medical help if you get these symptoms after taking AMBIEN or AMBIEN CR.
- **Call your healthcare provider right away if you have any of the above side effects or any other side effects that worry you while using AMBIEN or AMBIEN CR.**

The most common side effects of AMBIEN include drowsiness, dizziness, diarrhea, grogginess or feeling as if you have been drugged.

The most common side effects of AMBIEN CR include headache, sleepiness, dizziness and drowsiness the next day after you take AMBIEN CR.

Take AMBIEN CR tablets whole. Do not break, crush, dissolve or chew AMBIEN CR tablets before swallowing.

Call your doctor if your insomnia worsens or is not better within 7 to 10 days. This may mean that there is another condition causing your sleep problem.

If you take too much AMBIEN or AMBIEN CR or overdose, get emergency treatment.

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Click here for full [Prescribing Information](#) including boxed WARNING and [Medication Guide](#) for AMBIEN CR.