

Medication: Quetiapine 25 mg

What is Quetiapine?

Quetiapine is an antipsychotic medication. It is sedating and therefore can also be used as a sleep aid for treatment of insomnia, although it is not a “sleep medication”.

Expected Benefit:

- Benefit in sleep should be noticed on the first night

Watch for possible side effects:

It is important to be aware of the side effects however, it is also important to remember that not all side effects occur in everyone. Many of the less serious side effects will improve over the first few days of taking the medication.

If you have problems with these side effects talk with your doctor or pharmacist:

- Hangover effect (drowsiness that continues after waking up)
- Dizziness
- Blurred vision
- Dry mouth
- Constipation
- Urinary retention
- Dyskinesias (involuntary, erratic, writhing movements of the face, arms, legs or trunk)
- Weight gain (not common with the smaller doses used for sleep)

Stopping the medication:

There should be no withdrawal effect when stopping the medication if the medication is not taken regularly. However, your doctor may advise you to slowly reduce the dose prior to stopping it.

How to use this medication:

- Take this medication with or without food

Dosing Schedule:

- Start with 6.25 (¼ tablet)
- Increase the dose by ¼ a tablet every night or every second night until:
 - You can fall asleep, and
 - Stay asleep
- Watch for a hangover effect
 - Do not continue increasing the dose if you experience hangover effect
- The usual effective dose is 6.25 – 50 mg at bedtime

Drugs and Foods to Avoid:

Ask your doctor or pharmacist before using any other medication, including non-prescription medication (over-the-counter medication) and herbal products.

- Avoid alcohol at the same time
- Take at least 2 hrs after magnesium
- Avoid St. John's Wort, valerian, kava kava, gotu kola, ginseng, hawthorn, lemon balm

Please contact the Complex Chronic Diseases Program if you have further questions about your medications.