

Medication: Methotrimeprazine (Nozinan) 2 mg, 5 mg

What is Methotrimeprazine:

Methotrimeprazine is a type of antipsychotic that is now more commonly used for other reasons. It is very effective for sleep maintenance (i.e., staying asleep) but not so much for sleep initiation (i.e., falling asleep). Methotrimeprazine can also help with anxiety and pain.

Expected Benefit:

- You should notice that it helps your sleep on the first night

Watch for possible side effects:

This list of side effects is important for you to be aware of however, it is also important to remember that not all side effects happen to everyone.

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

- Hangover effect (drowsiness that continues after waking up in the morning)
- Dizziness
- Blurred vision
- Weight gain (very rare at the small doses used for sleep)

Stopping the medication:

This medication should not be stopped abruptly if you are using doses above 25 mg. Your doctor may advise you to reduce the dose slowly to help prevent your symptoms from returning.

How to use this medication:

- Take this medication with food

Dosing Schedule:

- Take **2 hours before bed**
 - Or 10 – 12 hrs before you want to get up
- Start with 2 – 2.5 mg 2 hours before bed (depending on the size of the tablet)
- Increase the dose by 2 – 2.5 mg every night until you are able to stay asleep
- Watch for a hangover effect
 - Do not continue increasing the dose if you get a hangover effect
- The usual dose range is 2 – 25 mg 2 hrs before bedtime
- Most patients need between 2 – 6 mg
- Please talk with your doctor if you are still having problems with *falling* asleep, you may need two different medications to address these problems

Drugs and Foods to Avoid:

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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 antacids
- Take at least 2 hrs after potassium or magnesium supplements
- Avoid St. John's Wort, Kava Kava, gotu kola, valerian, dong quai

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