

**Medication: Quetiapine (Seroquel) 25 mg**

**What is Quetiapine:**

Quetiapine is a type of antipsychotic medication. It is also used as a sleep aid to help with insomnia, in particular with both falling asleep and staying asleep.

**Expected Benefit:**

- You should notice a benefit in 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)
- Dizziness
- Blurred vision
- Dry mouth
- 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
- Please talk with your doctor If you are still having problems with falling asleep and staying asleep, as you may need two different medications to address these problems

**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.