

Using Temazepam (Restoril)

Smilemakers information sheet – for patients

This sheet contains information regarding Temazepam and important points for your attention.

Temazepam, although usually prescribed as a sleeping pill, is a medication that can greatly minimise anxiety associated with dental procedures. Temazepam will place you in a relaxed state, and reduce anxiety, but you will still be able to communicate with your dentist whilst treatment is being performed. Even though Temazepam is safe, effective and wears off after the procedure, you should be aware of some important precautions and considerations:

- If you've elected to use Temazepam for your appointment, you must arrive a minimum of 45 minutes, preferably 1 hour, prior to the scheduled appointment time in order to take the tablet(s), and allow them time to work.
- When you arrive for your appointment you will be asked to sign a consent form prior to taking the medication.

As temazepam is a restricted drug, we must ensure the following:

- If you have impaired liver or kidney function then you are unable to take Temazepam, so please advise your dentist or reception staff so that we can discuss an alternative option with you.
- If you are or think you might be pregnant, or you are breast feeding, you cannot take Temazepam.
- If you are hypersensitive to benzodiazepines (Valium, Ativan, Versed, etc.)

You must alert us if you have or have had the following medical conditions, because they can adversely interact with Temazepam;

- Asthma, emphysema, bronchitis, chronic obstructive pulmonary disorder (COPD), or other breathing problems;
- Glaucoma;
- Kidney or liver disease;
- Myasthenia gravis;
- A history of depression or suicidal thoughts or behaviour; or
- A history of drug or alcohol addiction
- Pregnant
- You must alert us if you are taking for the following medications because they can adversely interact with Temazepam;
- Nefazodone (Serzone)
- Cimetidine (Tagament, Tagament HD, Novocimitine or Peptol)

- Levodopa (Dopar or Larodopa) for Parkinson's Disease
- Antihistamines (Benadryl, Zytex, etc.)
- Verapamil (Calan)
- Diltiazam (Cardizem)

- Erythromycin and Azole Antimycotics (Nizoral, Biaxin or Sporanox)

- HIV drugs (Indinavir and Nelfinavir)

- Warning – recreational and illicit drugs can cause untoward effects when combined with Temazepam

- You must not drink alcohol for twelve (12) hours prior to your appointment or for twelve (12) hours after

- A decrease in the desired effects of Temazepam may be noticed by people who use tobacco products

- If you enjoy grapefruit or grapefruit juice you must not have any seventy-two (72) hours prior to your appointment and also for seventy-two (72) hours after your appointment. Temazepam combined with grapefruit can increase the effects of the drug and may, in rare cases, cause unpleasant side effects.

- Side effects may include light-headedness, headache, dizziness, visual disturbances, amnesia and nausea.

- You are not permitted to drive or use machinery whilst under the effects of Temazepam and you must be collected from your appointment by a responsible adult and be supervised for four (4) hours after the completion of your appointment. We cannot allow you to take a taxi home. Please do not drive or operate machinery for the remainder of the day of your appointment.

- You should not eat too heavily prior to your appointment as taking Temazepam with a large meal may make absorption in your system unpredictable.

- Local anaesthetic will be used with the Temazepam during your appointment.

- Once you have taken Temazepam, you cannot leave the practice and you must remain in the waiting room so that reception staff can observe you until you are taken in for your appointment.

- At the completion of your appointment, you must remain in the waiting room until you are collected.

If you have any questions please contact Smilemakers on 4784 2560