

Taichung Armed Forces General Hospital
Leaflet of Inpatient Nursing Instructions

鎮靜安眠藥物指導

Sir/Lady:

Topic of nursing instructions provided here: Information of drug use

Contents: Instructions for sedative and sleeping medicine

I. Purpose: To stabilize and reduce the excitability of the nervous system.

II. Precautions:

- (1) Do not combine any medication of this type with other sedatives, painkillers, cold medicine, antihistamines, or alcohol, as it may amplify the drug's effects and lead to overdose.
- (2) Do not arbitrarily increase the dosage, and avoid keeping sleeping pills next to your bed to prevent taking an overdose while being half-asleep.
- (3) Take the medication only before bedtime. Within eight hours after taking the medication, do not drive or operate machines.
- (4) After taking the medication, you may feel dizzy or sleepy. Please go to bed immediately after taking it. If you need to get up at night, have a family member accompany you or ask the nurse for assistance. Do not get out of bed alone to avoid falling.
- (5) After you take the medication, if you experience dizziness, headache, drowsiness, or confusion after getting up, be very careful to avoid falling.
- (6) Follow the doctor's instructions to take the medication. Do not adjust the dose or change the time of medication on your own.

If you are still unclear about something or have any questions, please contact the nursing station in the ward