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2. Dalmane

# Dalmane

**Generic name:** [flurazepam](#) [ *flure-AZ-e-pam* ]

**Drug class:** [Benzodiazepines](#)



[Medically reviewed](#) by Drugs.com on Aug 9, 2023. Written by [Cerner Multum](#).

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The Dalmane brand name has been **discontinued** in the U.S. If generic versions of this product have been approved by the FDA, there may be [generic equivalents available](#).

## What is Dalmane?

Dalmane is a benzodiazepine (ben-zoe-dye-AZE-eh-peen) that is used to treat [insomnia](#) (trouble falling or staying asleep).

Dalmane may also be used for purposes not listed in this medication guide.

## Dalmane side effects

Get emergency medical help if you have **signs of an allergic reaction**: hives; [nausea](#) and [vomiting](#); difficult breathing; swelling of your face, lips, tongue, or throat.

**Dalmane can slow or stop your breathing, especially if you have recently used an opioid medication or alcohol.**

A person caring for you should seek emergency medical attention if you have slow breathing with long pauses, blue colored lips, or if you are hard to wake up.

**Dalmane may cause serious side effects. Call your doctor at once if you have:**

- confusion, [agitation](#), paranoia, hallucinations;
- thinking problems, unusual thoughts or behavior;
- severe daytime [drowsiness](#); or
- new or worsening [depression](#).

**Some people using Dalmane have engaged in activity such as driving, eating, walking, making phone calls, or having sex and later having no memory of the activity.** Tell your doctor if this happens to you.

Drowsiness or dizziness may last longer in older adults. Use caution to avoid falling or accidental injury.

## Common side effects of Dalmane may include:

- drowsiness, dizziness, feeling light-headed;
- loss of coordination; or
- falling or staggering.

**After you stop using Dalmane**, get medical help right away if you have symptoms such as: unusual muscle movements, being more active or talkative, sudden and severe changes in mood or behavior, confusion, hallucinations, [seizures](#), suicidal thoughts or actions.

**Some withdrawal symptoms may last up to 12 months or longer** after stopping Dalmane suddenly. Tell your doctor if you have ongoing [anxiety](#), depression, problems with memory or thinking, trouble sleeping, ringing in your ears, a burning or prickly feeling, or a crawling sensation under your skin.

This is not a complete list of side effects and others may occur. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

 [Dalmane side effects](#) (more detail)

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## Warnings

**Dalmane can slow or stop your breathing, especially if you have recently used an opioid medication or alcohol.**

**MISUSE OF THIS MEDICINE CAN CAUSE ADDICTION, OVERDOSE, OR DEATH.** Keep the medication in a place where others cannot get to it.

Do not stop using Dalmane without asking your doctor. **You may have life-threatening withdrawal symptoms if you stop using the medicine suddenly after long-term use.** Some withdrawal symptoms may last up to 12 months or longer.

**Get medical help right away if you stop using Dalmane and have symptoms such as:** unusual muscle movements, being more active or talkative, sudden and severe changes in mood or behavior, confusion, hallucinations, seizures, or thoughts about suicide.

**Do not use if you are pregnant.**

## Before taking this medicine

You should not use Dalmane if you are allergic to any benzodiazepine (Dalmane, [alprazolam](#), [diazepam](#), [lorazepam](#),

[Valium](#), [Xanax](#), [Versed](#), [Klonopin](#), and others).

**Do not use if you are pregnant.** If you use Dalmane during pregnancy, your baby could be born with life-threatening withdrawal symptoms, and may need medical treatment for several weeks. Use effective [birth control](#) while using this medicine. **Stop using this medicine and tell your doctor if you become pregnant.**

Tell your doctor if you have ever had:

- drug or alcohol addiction;
- depression or mental illness; or
- suicidal thoughts or actions.

Do not breastfeed.

Not approved for use by anyone younger than 18 years old.

## How should I take Dalmane?

Follow the directions on your prescription label and read all medication guides or instruction sheets. **Never use Dalmane in larger amounts, or for longer than prescribed.** Tell your doctor if you feel an increased urge to use more of this medicine.

**Never share this medicine with another person, especially someone with a history of drug addiction. MISUSE CAN CAUSE ADDICTION, OVERDOSE, OR DEATH.** Keep the medicine where others cannot get to it. Selling or giving away this medicine is against the law.

**Take this medicine only when you are getting ready for several hours of sleep.** You may fall asleep very quickly after taking the medicine.

Call your doctor if your insomnia does not improve after taking Dalmane for 7 to 10 nights, or if you have any mood or behavior changes. Insomnia can be a symptom of depression, mental illness, or certain medical conditions.

Do not stop using Dalmane without asking your doctor. **You may have life-threatening withdrawal symptoms if you stop using the medicine suddenly after long-term use.**

Store at room temperature away from moisture and heat. Keep your medicine in a place where no one can use it improperly.

Your insomnia symptoms may return when you stop using Dalmane after using it over a long period of time.

 [Detailed Dalmane dosage information](#)

## What happens if I miss a dose?

Dalmane is used when needed. If you are on a dosing schedule, skip any missed dose. **Do not** use two doses at one time.

## What happens if I overdose?

Seek emergency medical attention or call the Poison Help line at 1-800-222-1222. **An overdose of flurazepam can be**

**fatal if you take it with alcohol, opioid medicine, or other drugs that cause drowsiness or slow your breathing.**

Overdose symptoms may include drowsiness, confusion, slurred speech, weak or shallow breathing, or coma.

## What should I avoid while taking Dalmane?

**Do not drink alcohol.** Dangerous side effects or death could occur.

**You may still feel sleepy the morning after taking Dalmane.** Wait until you are fully awake before you drive, operate machinery, or do anything that requires you to be awake and alert. Your reactions may be impaired.

**Daytime drowsiness may last for several days after you stop taking Dalmane.** Drowsiness can cause falls, accidents, or severe injuries.

## What other drugs will affect Dalmane?

**Using Dalmane with other drugs that make you sleepy or slow your breathing can cause dangerous side effects or death.** Ask your doctor before using opioid medication, a sleeping pill, a muscle relaxer, or medicine for anxiety or seizures.

Other drugs may affect Dalmane, including prescription and over-the-counter medicines, [vitamins](#), and [herbal products](#). Tell your doctor about all other medicines you use.

 [Dalmane drug interactions](#) (more detail)

## Does Dalmane interact with my other drugs?

Enter medications to view a detailed interaction report using our [Drug Interaction Checker](#).

Dalmane

+

Enter a drug name

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## Patient resources

- [Dalmane advanced reading](#)

## Professional resources

- [Flurazepam monograph](#)
- [Flurazepam \(FDA\)](#)

## Related treatment guides

- [Insomnia](#)

## Further information


Remember, keep this and all other medicines out of the reach of children, never share your medicines with others, and use this medication only for the indication prescribed.


Always consult your healthcare provider to ensure the information displayed on this page applies to your personal circumstances.

### [Medical Disclaimer](#)


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### DRUG STATUS

**Availability**  
 Discontinued

**Pregnancy & Lactation**  
 Risk data available

**CSA Schedule\***  
4 Some potential for abuse

**Approval History**  
 FDA approved 1970



## User Reviews & Ratings

8.0 / 10

[28 Reviews](#)

## Images

Dalmane 30 mg (DALMANE 30 ROCHE DALMANE 30 ROCHE)



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