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2. Soma

Soma

Generic name: [carisoprodol](#) [*kar-eye-soe-PROE-dole*]

Brand names: Soma, [Vanadom](#)

Drug class: [Skeletal muscle relaxants](#)

Medically reviewed by [Sophia Entringer, PharmD](#). Last updated on Dec 25, 2024.

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What is Soma?

Soma is a muscle relaxer that blocks pain sensations between the nerves and the brain.

Soma is used together with rest and physical therapy to treat [skeletal muscle conditions](#) such as [pain](#) or injury.

Soma should only be used for short periods (up to two or three weeks) because there is no evidence of its effectiveness in long term use and most skeletal muscle injuries are generally of short duration.

Warnings

You should not take Soma if you have porphyria (a genetic enzyme disorder that causes symptoms affecting the skin or nervous system) or are allergic to carisoprodol or meprobamate.

Carisoprodol may be habit-forming. Never share this medicine with another person. **Misuse of habit-forming medicine can cause addiction, overdose, or death.**

Carisoprodol can cause side effects that may impair your thinking or reactions. Be careful if you drive or do anything that requires you to be awake and alert. Avoid drinking alcohol. It can increase drowsiness and dizziness caused by this medicine.

You may have withdrawal symptoms when you stop using Soma after using it over a long period of time. Do not stop using this medication suddenly without first talking to your doctor. You may need to use less and less before you stop the medication completely.

Before taking this medicine

You should not use Soma if you are allergic to carisoprodol or [meprobamate](#), or if you have:

- porphyria (a genetic enzyme disorder that causes symptoms affecting the skin or nervous system).

Tell your doctor if you have ever had:

- liver disease;
- kidney disease; or
- a seizure.

It is not known whether this medicine will harm an unborn baby. Tell your doctor if you are pregnant.

Carisoprodol can pass into breast milk and **may cause drowsiness in a nursing baby**. Tell your doctor if you are breast-feeding.

Soma is not approved for use by anyone younger than 16 years old.

Older adults may be more sensitive to the effects of this medicine.

 [Soma pregnancy and breastfeeding warnings](#) (more detail)

How should I take Soma?

Take Soma exactly as it was prescribed for you. Follow all directions on your prescription label and read all medication guides or instruction sheets.

Carisoprodol may be habit-forming. **Misuse can cause addiction, overdose, or death.** Selling or giving away this medicine is against the law.

Soma is usually taken 3 times per day and at bedtime. Follow your doctor's dosing instructions very carefully.

Soma should be taken only 2 or 3 weeks. Call your doctor if your symptoms do not improve, or if they get worse.

Do not stop using carisoprodol suddenly after long-term use, or you could have unpleasant withdrawal symptoms. Ask your doctor how to safely stop using this medicine.

Soma is only part of a complete program of treatment that may also include rest, physical therapy, or other pain relief measures. Follow your doctor's instructions.

Store at room temperature away from moisture and heat.

Keep track of your medicine. Carisoprodol is a drug of abuse and you should be aware if anyone is using it improperly or without a prescription.

Dosing information

Usual Adult Dose for Muscle Spasm:

250 to 350 mg orally 3 times a day and at bedtime

Duration of therapy: Up to 2 to 3 weeks

Comments:

-This drug should only be used for short periods (up to 2 or 3 weeks) as there is inadequate evidence of effectiveness for more prolonged use and acute, painful musculoskeletal conditions are generally of short duration.

Use: For the relief of discomfort associated with acute, painful musculoskeletal conditions

What happens if I miss a dose?

Take the medicine as soon as you can, but skip the missed dose if it is almost time for your next dose. Do not take 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 carisoprodol can be fatal**, especially if you take carisoprodol with alcohol or with other drugs that can slow your breathing.

Overdose symptoms may include vision problems, confusion, hallucinations, muscle stiffness, loss of coordination, weak or shallow breathing, fainting, seizure, or coma.

What to avoid

Do not drink alcohol. Dangerous side effects could occur.

Avoid driving or hazardous activity until you know how this medicine will affect you. [Dizziness](#) or drowsiness can cause falls, accidents, or severe injuries.

Soma side effects

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

Stop using this medicine and call your doctor at once if you have:

- a seizure (convulsions); or
- **high levels of serotonin in the body** - [agitation](#), hallucinations, fever, sweating, shivering, [fast heart rate](#), muscle stiffness, twitching, loss of coordination, [nausea](#), [vomiting](#), [diarrhea](#).

Common Soma side effects may include:

- drowsiness;
- dizziness; or
- [headache](#).

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.

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What other drugs will affect Soma?

Sometimes it is not safe to use certain medications at the same time. Some drugs can affect your blood levels of other drugs you take, which may increase side effects or make the medications less effective.

Using Soma 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](#).

Many drugs can interact with carisoprodol. This includes prescription and over-the-counter medicines, [vitamins](#), and [herbal products](#). Not all possible interactions are listed here. Tell your doctor about all your current medicines and any medicine you start or stop using.

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

Does Soma interact with my other drugs?

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

Soma

+

Enter a drug name

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References

1. [Soma Product Label](#)

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Patient resources

Other brands

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Professional resources

- [Soma prescribing information](#)
- [Carisoprodol \(AHFS Monograph\)](#)

Related treatment guides

- [Nocturnal Leg Cramps](#)
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Further information

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

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

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DRUG STATUS

Availability

Rx Prescription only

Pregnancy & Lactation



Risk data available

CSA Schedule*

4

Some potential for abuse



Approval History

10+
years

FDA approved 1959



User Reviews & Ratings

9.1 / 10

[200 Reviews](#)

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