



Changing from Ambien CR or Lunesta Tablets to Zolpidem Tablets

Your doctor has approved a change in your medicine from *Ambien CR (zolpidem) or Lunesta (eszopiclone) tablets* to **zolpidem (generic Ambien) tablets**. Ambien CR and zolpidem contain the *same* active ingredient, zolpidem, and are available in similar dosage strengths.

Lunesta, Ambien CR and zolpidem belong to the *same* family of drugs and are similarly safe and effective in helping people fall asleep and stay asleep.

Tips to help you make a smooth transition:

- If you have a remaining supply of Ambien CR or Lunesta tablets, please use it up first, and then start taking zolpidem tablets as your new medicine.
- **DO NOT** take **Ambien CR or Lunesta tablets** and **zolpidem tablets** at the **SAME TIME**.
- Please read the label on your new zolpidem tablets prescription and follow the **NEW directions** carefully.

Our pharmacists are here to help you get the most benefit from your medicines. Please speak with your pharmacist if you have any questions about this change.