

# iMedix: Your Personal Health Advisor.

## Sodium Oxybate ER 9 Gram Granules, Extended Release In Packet

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  - **Dosage:**
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### Description

Side Effects Drowsiness, dizziness, nausea, vomiting, bedwetting, or headache may occur. If any of these effects last or get worse, tell your doctor or pharmacist promptly. Remember that this medication has been prescribed because your doctor has judged that the benefit to you is greater than the risk of side effects. Many people using this medication do not have serious side effects. Tell your doctor right away if you have any serious side effects, including: mental/mood changes (such as confusion, psychosis, hallucinations, agitation, depression, thoughts of suicide), sleepwalking. Get medical help right away if you have any very serious side effects, including: difficult/slow/shallow breathing (especially during sleep). A very serious allergic reaction to this drug is rare. However, get medical help right away if you notice any symptoms of a serious allergic reaction, including: rash, itching/swelling (especially of the face/tongue/throat), severe dizziness, trouble breathing. This is not a complete list of possible side effects. If you notice other effects not listed above, contact your doctor or pharmacist. In the US – Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088 or at [www.fda.gov/medwatch](http://www.fda.gov/medwatch). In Canada – Call your doctor for medical advice about side effects. You may report side effects to Health Canada at 1-866-234-2345. How to use Sodium Oxybate ER 9 Gram Granules, Extended Release In Packet Read the Medication Guide and Instructions for Use provided by your pharmacist before you start using sodium oxybate and each time you get a refill. If you have any questions, ask your doctor or pharmacist. Take this medication by mouth as directed by your doctor, usually once at bedtime, at least 2 hours after eating. Since sodium oxybate can cause you to suddenly fall asleep without feeling drowsy first, take this medication while in bed and lie down right away after taking your dose. Prepare your dose before bedtime as directed in the Instructions for Use leaflet. Fill the mixing cup as directed with water (one-third cup or 80 milliliters). Only use the mixing cup that comes with your medication. Do not use hot water. Open a packet and pour its contents into the mixing cup. Put the cap on the mixing cup and twist to the right and make sure it is tightly closed. Mix well by shaking the closed mixing cup for 60 seconds (1 minute). Drink all of the mixture within 30 minutes of mixing. Then add a small amount of water as directed, shake for 10 seconds, and drink right away to make sure you are getting all of the drug. If you have children or pets in the house, be sure to keep the mixed medication out of their reach if not using immediately, as mixing cup cap is not child resistant. The dosage is based on your medical condition and response to treatment. To reduce your risk of side effects, your doctor may direct you to start this medication at a low dose and gradually increase your dose. This process will continue until your doctor has found the right dose for you. Follow your doctor's directions carefully. Use

this medication regularly to get the most benefit from it. To help you remember, take it at the same time each night. Do not increase your dose or use this drug more often or for longer than prescribed. Your condition will not improve any faster, and your risk of side effects will increase. If you suddenly stop using this medication, you may have withdrawal symptoms (such as anxiety, psychosis, fast heartbeat, trouble sleeping). To help prevent withdrawal, your doctor may lower your dose slowly. Withdrawal is more likely if you have used sodium oxybate for a long time or in high doses. Tell your doctor or pharmacist right away if you have withdrawal. Tell your doctor if your condition lasts or gets worse.

**Precautions** Before taking sodium oxybate, tell your doctor or pharmacist if you are allergic to it; or if you have any other allergies. This product may contain inactive ingredients, which can cause allergic reactions or other problems. Talk to your pharmacist for more details. Before using this medication, tell your doctor or pharmacist your medical history, especially of: a certain rare metabolic condition (succinic semialdehyde dehydrogenase deficiency), liver disease, kidney disease, breathing problems (such as sleep apnea, asthma), personal or family history of a substance use disorder (such as overuse of or addiction to drugs/alcohol), heart problems (such as heart failure, high blood pressure), mental/mood problems (such as depression, family/personal history of suicidal thoughts/attempts). Sleep disorders may decrease your ability to react quickly. Though sodium oxybate helps keep you awake during the day, you still may not be able to safely perform tasks that require alertness (such as driving, flying). This drug may also make you dizzy. Alcohol or marijuana (cannabis) can make you more dizzy. For these reasons, do not drive, use machinery, or do anything that needs alertness until you can do it safely. Always use great care when doing these activities, and avoid them completely during the first 6 hours after you take this medication. Avoid alcoholic beverages because they increase the risk of serious side effects. Talk to your doctor if you are using marijuana (cannabis). This medication contains sodium. Consult your doctor for more information if you are on a salt-restricted diet or if you have a condition that could be worsened by increased salt intake (such as heart failure, high blood pressure). Before having surgery, tell your doctor or dentist about all the products you use (including prescription drugs, nonprescription drugs, and herbal products). Older adults may be more sensitive to the side effects of this drug, especially headaches. During pregnancy, this medication should be used only when clearly needed. Discuss the risks and benefits with your doctor. This drug passes into breast milk. Consult your doctor before breast-feeding. Consult your pharmacist or physician.

**Overdose** If someone has overdosed and has serious symptoms such as passing out or trouble breathing, call 911. Otherwise, call a poison control center right away. US residents can call their local poison control center at 1-800-222-1222. Canada residents can call a provincial poison control center. Symptoms of overdose may include: lack of response, slow/shallow breathing, seizures. Do not share this medication with others. Sharing it is against the law. If you miss a dose, skip the missed dose. Take your next dose at the regular time. Do not double the dose to catch up. Store at room temperature away from light and moisture. Do not open the packets until ready to use. Prepare each dose just before bedtime. Use or properly discard prepared dose within 30 minutes. Do not store in the bathroom. Keep all medications away from children and pets. Do not flush medications down the toilet or pour them into a drain unless instructed to do so. Properly discard this product when it is expired or no longer needed. For more details, read the Instructions for Use leaflet, or consult your pharmacist or local waste disposal company.

**Interactions** Drug interactions may change how your medications work or increase your risk for serious side effects. This document does not contain all possible drug interactions. Keep a list of all the products you use (including prescription/nonprescription drugs and herbal products) and share it with your doctor and pharmacist. Do not start, stop, or change the dosage of any medicines without your doctor's approval. The risk of serious side effects (such as slow/shallow breathing, severe drowsiness/dizziness) may be increased if this medication is taken with other products that may also cause drowsiness or breathing problems. Tell your doctor or pharmacist if you are using other products such as other opioid pain or cough relievers (such as codeine, hydrocodone), alcohol, marijuana (cannabis), drugs for sleep or anxiety (such as alprazolam, lorazepam, zolpidem), muscle relaxants (such as carisoprodol, cyclobenzaprine), or antihistamines (such as cetirizine, diphenhydramine). Check the labels on all your medicines (such as allergy or cough-and-cold products) because they may contain ingredients that cause drowsiness. Ask your pharmacist about using those products safely.

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## Side Effects

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## Uses

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## Interactions

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## Other Details

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