Doral (quazepam) basics

**Helps you sleep.** Doral (quazepam) can help you sleep but you can become dependent on it if you use it for more than a few days.

### What to expect when starting

Here’s when people typically experience benefits as well as some possible side effects. Your experience may be different.

<table>
<thead>
<tr>
<th>Doral (quazepam) Drug effectiveness</th>
<th>Hours</th>
<th>Days</th>
<th>Weeks</th>
<th>Months</th>
<th>Long term</th>
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<table>
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<tr>
<th>Possible side effects†</th>
<th>Hours</th>
<th>Days</th>
<th>Weeks</th>
<th>Months</th>
<th>Long term</th>
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<tbody>
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<td>Drowsiness</td>
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<td>Dependence</td>
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† Data on frequency of side effects is not available.

### Tips from pharmacists

- Use only as needed when you have trouble sleeping. You shouldn’t use Doral (quazepam) for more than 5 nights in a row.
- Can cause dizziness and drowsiness, so don’t do any activities that require focus after taking Doral (quazepam), such as driving.
- Don’t drink alcohol while taking Doral (quazepam) because it can slow your breathing, which can be dangerous.
- Don’t take Doral (quazepam) unless you can sleep for at least 8 hours, otherwise you might feel groggy the next morning, similar to when you have a hangover.

### Risks and warnings

The FDA has identified these as possible serious or life-threatening risks with this medication. Contact your doctor if you experience any of these.

#### Breathing problems

If you’re using opioids for pain, talk to your doctor or pharmacist first before starting Doral (quazepam). Taking both can make you feel overly sleepy or have breathing problems which can be very dangerous.

#### Sleepiness the next day

People who take Doral (quazepam) can feel sleepy and unable to concentrate the next day. This is more likely to happen if you’re not able to have at least 7 to 8 hours to sleep, or if you drink alcohol or use medicines that can also make you feel sleepy. Don’t drive or do anything that requires concentration if you feel sleepy because you’re more likely to have an accident.

#### Withdrawal

If you’ve been using Doral (quazepam) for more than 4 weeks, stopping it suddenly can cause withdrawal symptoms. This can include trouble sleeping, panic attacks, nausea, and vomiting. Talk to your doctor about how to stop taking Doral (quazepam) safely.

This information relates to Doral prescribed for Insomnia. This should not be taken as medical advice or guidance on your prescription, and is not a substitute for a health care provider’s judgment. Any decision about the treatment or the reliability of information is the sole responsibility of your health care provider. For more information and to see what other people experienced, check out [Drug/doral](#).