

Seconal (secobarbital) basics

Helps you sleep, and get rid of anxiety before you have major surgery. Seconal (secobarbital) is approved for sleep, but can be very addictive and only works for 2 weeks.

What to expect when starting

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

	Hours	Days	Weeks	Months	Long term
Seconal (secobarbital) Drug effectiveness					
Possible side effects†					
Dependence and addiction					
Behavior changes					
Confusion					

† Data on frequency of side effects is not available.

Tips from pharmacists

- Seconal (secobarbital) can be addictive, so take it for the shortest amount of time possible for your insomnia.
- Don't drink alcohol or take narcotics such as pain medicines or benzodiazepines with Seconal (secobarbital) because it can slow your breathing.
- The maximum amount of time you should take Seconal (secobarbital) to help you sleep is 2 weeks since after that it doesn't work as well.
- Make sure that you're able to have at least 8 hours of sleep if you take Seconal (secobarbital), otherwise you might have a "hangover effect" the next day.
- If your insomnia isn't getting better after taking Seconal (secobarbital) for a week, or if you or someone else sees changes in your behavior while you're taking it, talk to your doctor right away.

Risks and warnings

Contact your doctor if you experience any of these.

Dependence and addiction

Seconal (secobarbital) is considered a schedule II medication, which means there is a high chance for physical dependence. This means you need to take higher doses in order for the medicine to work. For some people, this can lead to addiction. You should use Seconal (secobarbital) for as short a time as possible to get rid of your insomnia; otherwise talk to your doctor if you find that it's not helping.

Withdrawal symptoms

If you've been taking Seconal (secobarbital) for a while and want to stop taking it, talk to your doctor, since stopping it suddenly can be very dangerous. Your doctor will tell you how to stop taking it gradually so withdrawal symptoms won't happen.

Behavior changes

Some people have had behavior changes after taking drugs like Seconal (secobarbital). This is more common if you have been taking it for 7 days and it hasn't helped you fall asleep. Behavior changes might include "sleep driving" or other behaviors that happened while you were asleep that you don't remember. Talk to your doctor to see if there are other issues that are stopping you from sleeping