

# Soma (carisoprodol) basics

**Relaxes your muscles.** Soma (carisoprodol) is used for muscle spasms and muscle pain but it's not considered a first-choice treatment and not meant for long-term therapy.

## 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 |
|--|-------|------|-------|--------|-----------|
| <b>Soma (carisoprodol)</b><br>Drug effectiveness |       |      |       |        |           |
| <b>Possible side effects†</b>                    |       |      |       |        |           |
| <b>Dizziness</b>                                 |       |      |       |        |           |
| <b>Drowsiness</b>                                |       |      |       |        |           |
| <b>Headache</b>                                  |       |      |       |        |           |

† Data on frequency of side effects is not available.

## Tips from pharmacists

- Take the medication at the same time each day.
- Soma (carisoprodol) is not meant to be used long-term. It should be used for only 2 to 3 weeks maximum.
- Can cause dizziness, fatigue, and sleepiness.
- Don't drink alcohol while on this medication.
- Soma (carisoprodol) can cause stomach pain, nausea and vomiting.

## Risks and warnings

Contact your doctor if you experience any of these.

### Sleepiness and dizziness

Taking Soma (carisoprodol) can make you feel sleepy and dizzy. Avoid driving or doing other tasks that require concentration until you know how this medication affects you. Get up very slowly from a seated or lying down position.

### Abuse, dependence and withdrawal

There have been reports of abuse in people taking Soma (carisoprodol). This has been rare and happens more likely in people who have had a history of drug abuse. Withdrawal symptoms have occurred in people who have taken large amounts of this medication for an extended period of time. Talk to your doctor if this is a concern.

### Seizures

Rarely, there have been reports of seizures in people taking Soma (carisoprodol). Most of these cases were in the setting of multiple drug overdoses including alcohol and recreational drugs.