

**Medication: Methotrimeprazine 2 mg, 5 mg**

**What is Methotrimeprazine?**

Methotrimeprazine is an antipsychotic that is now more commonly used to treat other conditions. It is quite sedating and therefore can be used to help with sleep, although it is not a “sleep medication”. It can also help with anxiety, nausea/vomiting and pain.

**Expected Benefit:**

- You should notice that it helps your sleep on the first night

**Watch for possible side effects:**

It is important to be aware of the side effects however, it is also important to remember that not all side effects occur in everyone. Many of the less serious side effects will improve over the first few days of taking the medication.

If you have problems with these side effects talk with your doctor or pharmacist:

- Hangover effect (drowsiness that continues after waking up in the morning)
- Dizziness
- Blurred vision
- Weight gain (very rare at the small doses used for sleep)

**Stopping the medication:**

This medication should not be stopped abruptly if you are using doses above 25 mg. Your doctor may advise you to reduce the dose slowly to help prevent your symptoms from returning.

**How to use this medication:**

- Take this medication with food

**Dosing Schedule:**

- Take **2 hours before bed**
  - Or 10 – 12 hrs before you want to get up
- Start with 2 – 2.5 mg 2 hours before bed (depending on the size of the tablet)
- Increase the dose by 2 – 2.5 mg every night until you are able to stay asleep
- Watch for a hangover effect
  - Do not continue increasing the dose if you get a hangover effect
- The usual dose range is 2 – 25 mg 2 hrs before bedtime
- Most patients need between 2 – 6 mg

**Drugs and Foods to Avoid:**

Ask your doctor or pharmacist before using any other medication, including non-prescription medication (over-the-counter medication) and herbal products.

- Avoid alcohol at the same time

Reviewed: May 9, 2022

- Take at least 2 hrs after antacids
- Take at least 2 hrs after potassium or magnesium supplements
- Avoid St. John's Wort, Kava Kava, gotu kola, valerian, dong quai

Please contact the Complex Chronic Diseases Program if you have further questions about your medications.