

## CLINICAL CAPSULES

## BP Too High in Kidney Disease

Primary care physicians often fail to properly control blood pressure of patients with kidney disease, prescribing too few antihypertensive drugs and inadequate diuretic therapy, reported Roberto Minuto, M.D., of the Second University of Naples, and his associates.

The researchers evaluated the adequacy of blood pressure control in 445 hypertensive patients with mild to severe chronic kidney disease. Cardiovascular risk is very high in such patients, and intensive antihypertensive treatment is known to pre-

vent CV events in them, the investigators said (Am. J. Kidney Dis. 2005;46:18-25).

Like most people with kidney disease, 259 of these patients were managed solely by primary care physicians. The remaining 186 were treated by nephrologists at a hospital outpatient clinic. Patients in the former group were nearly three times more likely to fall short of the target blood pressure of 130/80 mm Hg.

Primary care physicians prescribed fewer antihypertensive drugs (1.9 per patient, compared with 2.5 per patient for nephrologists) and almost exclusively prescribed

thiazides for diuresis, while the nephrologists prescribed furosemide. Primary care physicians also prescribed inadequate doses of both antihypertensive and diuretic drugs, compared with nephrologists.

## Postop Renal Dysfunction in CABG

N-acetylcysteine did not prevent postoperative renal dysfunction in a randomized clinical trial of patients undergoing coronary artery bypass graft with cardiopulmonary bypass, reported Karen E.A. Burns, M.D., of the University of Toronto, and her associates.

N-acetylcysteine is known to attenuate ischemic declines in renal function, in-

cluding the kidney complications that result from exposure to contrast dyes. Because cardiopulmonary bypass during CABG also is associated with renal complications, the researchers studied whether perioperative intravenous administration of the agent would preserve renal function in patients at risk for kidney complications.

In their study, 148 patients were randomly assigned to receive N-acetylcysteine and 147 to receive placebo infusions during CABG. There were no significant differences between the two groups in the number of patients who developed renal dysfunction (approximately 29% in both groups) or in the number who required renal therapy. Similarly, there were no differences between the two groups in the number of adverse events, the need for ICU care, or the length of hospital stay, the investigators said (JAMA 2005;294:342-50).

## BNP Helps Identify CHF

When patients present to the emergency department with dyspnea of unknown origin, B-type natriuretic peptide level is better than echocardiography in identifying or excluding heart failure as the cause, according to Philippe Gabriel Steg, M.D., of Hôpital Bichat-Claude Bernard, Paris, and his associates.

Accurate diagnosis or exclusion of HF is often difficult in patients who present with acute dyspnea, "especially in elderly or obese patients, given the frequency of comorbidities such as COPD," the researchers noted. In their study of 709 such patients who underwent both echocardiographic assessment of left ventricular function and blood sampling to determine BNP level, the sensitivity of echocardiography was 70% and the specificity was 73%. The proportion of patients who were correctly diagnosed was 55% for EF determined by echocardiography alone, 67% for BNP assessment alone, and 82% when the two variables were considered together. This marked additive diagnostic value "strongly suggest[s] the value of combining both methods," the investigators said (Chest 2005;128:21-9).

The proportion of patients who were correctly diagnosed was 55% for EF determined by echocardiography alone, 67% for BNP assessment alone, and 82% when the two variables were considered together. This marked additive diagnostic value "strongly suggest[s] the value of combining both methods," the investigators said (Chest 2005;128:21-9).

## Dietary Fish Lowers Inflammation

Fish consumption shows a strong inverse correlation with levels of several inflammatory markers that have been associated with cardiovascular disease, according to Antonis Zampelas, Ph.D., of Harokopio University, Athens, and his associates.

In a population-based sample of 3,042 "free-eating" adults who completed a food frequency questionnaire, all the inflammatory markers that were tested showed an inverse dose-response relation with fish consumption. Subjects who ate at least 300 g of fish per week had a 33% lower C-reactive protein level, a 33% lower interleukin-6 level, a 21% lower tumor necrosis factor- $\alpha$  level, and a 28% lower serum amyloid A level than those who did not eat fish. They also had a 4% lower white blood cell count, the investigators said (J. Am. Coll. Cardiol. 2005;46:120-4).

The researchers hypothesized that fish intake increases IL-6 synthesis, which in turn decreases the liver's production of CRP and serum amyloid A. The link to production of TNF- $\alpha$  is less clear, they said.

—Mary Ann Moon

Lunesta<sup>®</sup>  
(eszopiclone)  
1,2 AND 3 MUTALETS

## BRIEF SUMMARY

## INDICATIONS AND USAGE

LUNESTA is indicated for the treatment of insomnia. In controlled outpatient and sleep laboratory studies, LUNESTA administered at bedtime decreased sleep latency and improved sleep maintenance.

## CONTRAINDICATIONS

None known.

## WARNINGS

Because sleep disturbances may be the presenting manifestation of a physical and/or psychiatric disorder, symptomatic treatment of insomnia should be initiated only after a careful evaluation of the patient. The failure of insomnia to remit after 7 to 10 days of treatment may indicate the presence of a primary psychiatric and/or medical illness that should be evaluated. Worsening of insomnia or the emergence of new thinking or behavior abnormalities may be the consequence of an unrecognized psychiatric or physical disorder. Such findings have emerged during the course of treatment with sedative/hypnotic drugs, including LUNESTA. Because some of the important adverse effects of LUNESTA appear to be dose-related, it is important to use the lowest possible effective dose, especially in the elderly (see DOSAGE AND ADMINISTRATION in the Full Prescribing Information).

A variety of abnormal thinking and behavior changes have been reported to occur in association with the use of sedative/hypnotics. Some of these changes may be characterized by decreased inhibition (e.g., aggressiveness and extroversion that seem out of character), similar to effects produced by alcohol and other CNS depressants. Other reported behavioral changes have included bizarre behavior, agitation, hallucinations, and depersonalization. Amnesia and other neuropsychiatric symptoms may occur unpredictably. In primarily depressed patients, worsening of depression, including suicidal thinking, has been reported in association with the use of sedative/hypnotics.

It can rarely be determined with certainty whether a particular instance of the abnormal behaviors listed above are drug-induced, spontaneous in origin, or a result of an underlying psychiatric or physical disorder. Nonetheless, the emergence of any new behavioral sign or symptom of concern requires careful and immediate evaluation.

Following rapid dose decrease or abrupt discontinuation of the use of sedative/hypnotics, there have been reports of signs and symptoms similar to those associated with withdrawal from other CNS-depressant drugs (see DRUG ABUSE AND DEPENDENCE).

LUNESTA, like other hypnotics, has CNS-depressant effects. Because of the rapid onset of action, LUNESTA should only be ingested immediately prior to going to bed or after the patient has gone to bed and has experienced difficulty falling asleep. Patients receiving LUNESTA should be cautioned against engaging in hazardous occupations requiring complete mental alertness or motor coordination (e.g., operating machinery or driving a motor vehicle) after ingesting the drug, and be cautioned about potential impairment of the performance of such activities on the day following ingestion of LUNESTA. LUNESTA, like other hypnotics, may produce additive CNS-depressant effects when coadministered with other psychotropic medications, anticonvulsants, anesthetic agents, ethanol, and other drugs that themselves produce CNS depression. LUNESTA should not be taken with alcohol. Dose adjustment may be necessary when LUNESTA is administered with other CNS-depressant agents, because of the potentially additive effects.

## PRECAUTIONS

## General

**Timing Of Drug Administration:** LUNESTA should be taken immediately before bedtime. Taking a sedative/hypnotic while still up and about may result in short-term memory impairment, hallucinations, impaired coordination, dizziness, and lightheadedness.

**Use In The Elderly And/or Debilitated Patients:** Impaired motor and/or cognitive performance after repeated exposure or unusual sensitivity to sedative/hypnotic drugs is a concern in the treatment of elderly and/or debilitated patients. The recommended starting dose of LUNESTA for these patients is 1 mg (see DOSAGE AND ADMINISTRATION in the Full Prescribing Information).

**Use In Patients With Concomitant Illness:** Clinical experience with eszopiclone in patients with concomitant illness is limited. Eszopiclone should be used with caution in patients with diseases or conditions that could affect metabolism or hemodynamic responses.

A study in healthy volunteers did not reveal respiratory-depressant effects at doses 2.5-fold higher (7 mg) than the recommended dose of eszopiclone. Caution is advised, however, if LUNESTA is prescribed to patients with compromised respiratory function. The dose of LUNESTA should be reduced to 1 mg in patients with severe hepatic impairment, because systemic exposure is doubled in such subjects. No dose adjustment appears necessary for subjects with mild or moderate renal impairment. No dose adjustment appears necessary in subjects with any degree of renal impairment, since less than 10% of eszopiclone is excreted unchanged in the urine.

The dose of LUNESTA should be reduced in patients who are administered potent inhibitors of CYP3A4, such as ketoconazole, while taking LUNESTA. Downward dose adjustment is also recommended when LUNESTA is administered with agents having known CNS-depressant effects.

**Use In Patients With Depression:** Sedative/hypnotic drugs should be administered with caution to patients exhibiting signs and symptoms of depression. Suicidal tendencies may be present in such patients, and protective measures may be required. Intentional overdose is more common in this group of patients; therefore, the least amount of drug that is feasible should be prescribed for the patient at any one time.

**Information For Patients:** Patient information is printed in the complete prescribing information.

**Laboratory Tests:** There are no specific laboratory tests recommended.

**Drug Interactions**

## CNS-Active Drugs

**Ethanol:** An additive effect on psychomotor performance was seen with coadministration of eszopiclone and ethanol 0.70 g/kg for up to 4 hours after ethanol administration.

**Paroxetine:** Coadministration of single doses of eszopiclone 3 mg and paroxetine 20 mg daily for 7 days produced no pharmacokinetic or pharmacodynamic interaction.

**Lorazepam:** Coadministration of single doses of eszopiclone 3 mg and lorazepam 2 mg did not have clinically relevant effects on the pharmacodynamics or pharmacokinetics of either drug.

**Olanzapine:** Coadministration of eszopiclone 3 mg and olanzapine 10 mg produced a decrease in DOST scores. The interaction was pharmacodynamic; there was no alteration in the pharmacokinetics of either drug.

**Drugs That Inhibit CYP3A4 (Ketoconazole):** CYP3A4 is a major metabolic pathway for the elimination of eszopiclone. The AUC of eszopiclone was increased 2.2-fold by coadministration of ketoconazole, a potent inhibitor of CYP3A4, 400 mg daily for 5 days.  $C_{max}$  and  $t_{1/2}$  were increased 1.4-fold and 1.3-fold, respectively. Other strong inhibitors of CYP3A4 (e.g., itraconazole, clarithromycin, nefazodone, troloandamine, ritonavir, nelfinavir) would be expected to behave similarly.

**Drugs That Induce CYP3A4 (Rifampicin):** Racemic zopiclone exposure was decreased 80% by concomitant use of rifampicin, a potent inducer of CYP3A4. A similar effect would be expected with eszopiclone.

**Drugs Highly Bound To Plasma Protein:** Eszopiclone is not highly bound to plasma proteins (52-58% bound); therefore, the disposition of eszopiclone is not expected to be sensitive to alterations in protein binding. Administration of eszopiclone 3 mg to a patient taking another drug that is highly protein-bound would not be expected to cause an alteration in the free concentration of either drug.

**Drugs With A Narrow Therapeutic Index**  
**Digoxin:** A single dose of eszopiclone 3 mg did not affect the pharmacokinetics of digoxin measured at steady state following dosing of 0.5 mg twice daily for one day and 0.25 mg daily for the next 6 days.

**Warfarin:** Eszopiclone 3 mg administered daily for 5 days did not affect the pharmacokinetics of (R)- or (S)-warfarin, nor were there any changes in the pharmacodynamic profile (prothrombin time) following a single 25-mg oral dose of warfarin.

**Carcinogenesis, Mutagenesis, Impairment of Fertility**  
**Carcinogenesis:** In a carcinogenicity study in Sprague-Dawley rats in which eszopiclone was given by oral gavage, no increases in tumors were seen; plasma levels (AUC) of eszopiclone at the highest dose used in this study (16 mg/kg/day) are estimated to be 80 (females) and 20 (males) times those in humans receiving the maximum recommended human dose (MRHD). However, in a carcinogenicity study in

**Mutagenesis:** Eszopiclone was positive in the mouse lymphoma chromosomal aberration assay and produced an equivocal response in the Chinese hamster ovary cell chromosomal aberration assay. It was not mutagenic or clastogenic in the bacterial Ames gene mutation assay, in an unscheduled DNA synthesis assay, or in an *in vivo* mouse bone marrow micronucleus assay.

**Impairment Of Fertility:** Eszopiclone was given by oral gavage to male rats at doses up to 45 mg/kg/day from 4 weeks pre-mating and to female rats at doses up to 180 mg/kg/day from 2 weeks pre-mating through day 7 of pregnancy. An additional study was performed in which only females were treated, up to 180 mg/kg/day. Eszopiclone decreased fertility, probably because of effects in both males and females, with no females becoming pregnant when both males and females were treated with the highest dose; the no-effect dose in both sexes was 5 mg/kg (16 times the MRHD on a mg/m<sup>2</sup> basis). Other effects included increased preimplantation loss (no-effect dose 25 mg/kg), abnormal estrus cycles (no-effect dose 25 mg/kg), and decreases in sperm number and motility and increases in morphologically abnormal sperm (no-effect dose 5 mg/kg).

**Pregnancy Category C:** Eszopiclone administered by oral gavage to pregnant rats and rabbits during the period of organogenesis showed no evidence of teratogenicity up to the highest doses tested (250 and 16 mg/kg/day in rats and rabbits, respectively); these doses are 800 and 100 times, respectively, the maximum recommended human dose (MRHD) on a mg/m<sup>2</sup> basis. In the rat, slight reductions in fetal weight and evidence of developmental delay were seen at maternally toxic doses of 125 and 150 mg/kg/day, but not at 62.5 mg/kg/day (200 times the MRHD on a mg/m<sup>2</sup> basis).

Eszopiclone was also administered by oral gavage to pregnant rats throughout the pregnancy and lactation periods at doses of up to 180 mg/kg/day. Increased post-implantation loss, decreased postnatal pup weights and survival, and increased pup startle response were seen at all doses; the lowest dose tested, 60 mg/kg/day, is 200 times the MRHD on a mg/m<sup>2</sup> basis. These doses did not produce significant maternal toxicity. Eszopiclone had no effects on fetal body measurements or reproductive function in the offspring.

There are no adequate and well-controlled studies of eszopiclone in pregnant women. Eszopiclone should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus.

**Laboratory Tests:** LUNESTA has no established use in labor and delivery.

**Nursing Mothers:** It is not known whether LUNESTA is excreted in human milk. Because many drugs are excreted in human milk, caution should be exercised when LUNESTA is administered to a nursing woman.

**Pediatric Use:** Safety and effectiveness of eszopiclone in children below the age of 18 have not been established.

**Geriatric Use:** A total of 287 subjects in double-blind, parallel-group, placebo-controlled clinical trials who received eszopiclone were 65 to 86 years of age. The overall pattern of adverse events for elderly subjects (median age = 71 years) in 2-week studies with nighttime dosing of 2 mg eszopiclone was not different from that seen in younger adults. LUNESTA 2 mg exhibited significant reduction in sleep latency and improvement in sleep maintenance in the elderly population.

## ADVERSE REACTIONS

The premarketing development program for LUNESTA included eszopiclone exposures in patients and/or normal subjects from two different groups of studies: approximately 400 normal subjects in clinical pharmacology/pharmacokinetic studies, and approximately 1550 patients in placebo-controlled clinical effectiveness studies, corresponding to approximately 263 patient-exposure years. The conditions and duration of treatment with LUNESTA varied greatly and included (in overlapping categories) open-label and double-blind phases of studies, inpatients and outpatients, and short-term and longer-term exposure. Adverse reactions were assessed by collecting adverse events, results of physical examinations, vital signs, weights, laboratory analyses, and ECGs.

Adverse events during exposure were obtained primarily by general inquiry and recorded by clinical investigators using terminology of their own choosing. Consequently, it is not possible to provide a meaningful estimate of the proportion of individuals experiencing adverse events without first grouping similar types of events into a smaller number of standardized event categories. In the tabulations that follow, COSTART terminology has been used to classify reported adverse events.

The stated frequencies of adverse events represent the proportion of individuals who experienced, at least once, a treatment-emergent adverse event of the type listed. An event was considered treatment-emergent if it occurred for the first time or worsened while the patient was receiving therapy following baseline evaluation.

## Adverse Findings Observed In Placebo-Controlled Trials

**Adverse Events Resulting In Discontinuation Of Treatment:** In placebo-controlled, parallel-group clinical trials in the elderly, 3.8% of 200 patients who received placebo, 2.3% of 215 patients who received 2 mg LUNESTA, and 1.4% of 72 patients who received 3 mg LUNESTA discontinued treatment due to an adverse event. In the 6-week parallel-group study in adults, no patients in the 3 mg arm discontinued because of an adverse event. In the long-term 6-month study in adult insomnia patients, 7.2% of 195 patients who received placebo and 12.8% of 593 patients who received 3 mg LUNESTA discontinued due to an adverse event. No event that resulted in discontinuation occurred at a rate of greater than 2%.

**Adverse Events Observed At An Incidence of  $\geq 2\%$  In Controlled Trials:** The following lists the incidence (% placebo, 2 mg, 3 mg, respectively) of treatment-emergent adverse events from a Phase 3 placebo-controlled study of LUNESTA at doses of 2 or 3 mg in non-elderly adults. Treatment duration in this trial was 44 days. Data are limited to adverse events that occurred in 2% or more of patients treated with LUNESTA 2 mg (n=104) or 3 mg (n=105) in which the incidence in patients treated with LUNESTA was greater than the incidence in placebo-treated patients (n=99).  
**Body as a whole:** headache (13%, 21%, 17%), viral infection (1%, 3%, 3%),  
**Digestive system:** dry mouth (3%, 5%, 7%), dyspepsia (4%, 4%, 5%), nausea (4%, 5%, 4%), vomiting (1%, 3%, 0%).  
**Nervous system:** anxiety (0%, 3%, 1%), confusion (0%, 0%, 3%), depression (0%, 4%, 1%), dizziness (4%, 5%, 7%), hallucinations (0%, 1%, 3%), libido decreased (0%, 0%, 3%), nervousness (3%, 5%, 0%), somnolence (3%, 10%, 8%).  
**Respiratory system:** infection (3%, 5%, 10%).  
**Skin and appendages:** rash (1%, 3%, 4%).  
**Special senses:** unpleasant taste (3%, 17%, 34%).  
**Urogenital system:** dysmenorrhea\*\* (0%, 3%, 0%), gynecostasia\*\* (0%, 3%, 0%).

\*\* Gender-specific adverse event in females

\*\* Gender-specific adverse event in males

\*Events for which the LUNESTA incidence was equal to or less than placebo are not listed, but included the following: abnormal dreams, accidental injury, back pain, diarrhea, flu syndrome, myalgia, pain, pharyngitis, and rhinitis.  
Adverse events that suggest a dose-response relationship in adults include viral infection, dry mouth, dizziness, hallucinations, infection, rash, and unpleasant taste, with this relationship clearest for unpleasant taste.

The following lists the incidence (% placebo, 2 mg, 3 mg, respectively) of treatment-emergent adverse events from combined Phase 3 placebo-controlled studies of LUNESTA at doses of 1 or 2 mg in elderly adults (ages 65-86). Treatment duration in these trials was 14 days. Data are limited to events that occurred in 2% or more of patients treated with LUNESTA 1 mg (n=72) or 2 mg (n=215) in which the incidence in patients treated with LUNESTA was greater than the incidence in placebo-treated patients:

**Body as a whole:** accidental injury (1%, 0%, 3%), headache (14%, 15%, 13%), pain (2%, 4%, 5%).  
**Digestive system:** diarrhea (2%, 4%, 2%), dry mouth (2%, 3%, 7%), dyspepsia (2%, 6%, 2%).  
**Urogenital system:** abnormal dreams (3%, 3%, 1%), dizziness (2%, 6%), nervousness (1%, 0%, 2%), neuralgia (0%, 3%, 0%).  
**Skin and appendages:** pruritus (1%, 4%, 1%).  
**Special senses:** unpleasant taste (0%, 8%, 12%).  
**Urogenital system:** urinary tract infection (0%, 3%, 0%).

\*Events for which the LUNESTA incidence was equal to or less than placebo are not listed, but included the following: abdominal pain, asthenia, nausea, rash, and somnolence.  
Adverse events that suggest a dose-response relationship in elderly adults include pain, dry mouth, and unpleasant taste, with this relationship again clearest for unpleasant taste. These figures cannot be used to predict the incidence of adverse events in the course of usual medical practice because patient characteristics and other factors may differ from those that prevailed in the clinical trials. Similarly, the cited frequencies cannot be compared with figures obtained from other clinical investigations involving different treatments, uses, and investigators.

The cited figures, however, do provide the prescribing physician with some basis for estimating the relative contributions of drug and non-drug factors to the adverse event incidence rate in the population studied.

**Other Events Observed During The Premarketing Evaluation Of LUNESTA:** Following is a list of modified COSTART terms that reflect treatment-emergent adverse events as defined in the introduction to the ADVERSE REACTIONS section and reported by approximately 1550 subjects treated with LUNESTA at doses in the range of 1 to 3.5 mg/day during Phase 2 and 3 clinical trials throughout the United States and Canada. All reported events are included except those already listed here or listed elsewhere in labeling, minor events common in the general population, and events unlikely to be drug-related. Although the events reported occurred during treatment with LUNESTA, they were not necessarily caused by it.

Events are listed in order of decreasing frequency according to the following definitions: frequent adverse events are those that occurred on one or more occasions in at least 1/100 patients; infrequent adverse events are those that occurred in fewer than 1/100 patients but in at least 1/1,000 patients; rare adverse events are those that occurred in fewer than 1/1,000 patients. Gender-specific events are categorized based on their incidence for the appropriate gender.

## Frequent: chest pain, migraine, peripheral edema.

**Infrequent:** acne, agitation, allergic reaction, alopecia, amenorrhea, anemia, anorexia, apathy, arthralgia, asthma, ataxia, breast engorgement, breast enlargement, breast neoplasm, breast pain, bronchitis, bursitis, cellulitis, cholelithiasis, conjunctivitis, contact dermatitis, cystitis, dry eyes, dry skin, dyspnea, dysuria, eczema, ear pain, ematoma history, epistaxis, face edema, female lactation, fever, haitosis, heat stroke, hematuria, hernia, hiccup, hostility, hypercholesterolemia, hypertension, hypotonia, hyposthesia, incoordination, increased appetite, insomnia, joint disorder (mainly swelling, stiffness, and pain), kidney calculus, kidney pain, laryngitis, leg cramps, lymphadenopathy, malaise, mastitis, melena, memory impairment, menorrhagia, metrorrhagia, mouth ulceration, myasthenia, neck rigidity, necrosis, nystagmus, optic externus, otitis media, parosmia, photosensitivity, reflexes decreased, skin discoloration, sweating, thinking abnormal (mainly difficulty concentrating), thirst, tinnitus, twitching, ulcerative stomatitis, urinary frequency, urinary incontinence, uterine hemorrhage, vaginal hemorrhage, vaginitis, vertigo, vestibular disorder, weight gain, weight loss.

**Rare:** abnormal gait, arthrosis, colitis, dehydration, dysphagia, erythema multiforme, euphoria, furunculosis, gastritis, gout, hepatitis, hepatomegaly, herpes zoster, hirsutism, hyperacusis, hyperesthesia, hyperperemia, hypokalemia, hypokinesia, iritis, liver damage, maculopapular rash, mydriasis, myopathia, neuritis, neuropathy, oliguria, photophobia, ptosis, pyelonephritis, rectal hemorrhage, stomach ulcer, stomatitis, stupor, thrombophlebitis, tongue edema, tremor, urethritis, vasculobulbar rash.

## DRUG ABUSE AND DEPENDENCE

**Controlled Substance Class:** LUNESTA is a Schedule IV controlled substance under the Controlled Substances Act. Other substances under the same classification are benzodiazepines and the nonbenzodiazepine hypnotics zolpidem and zopiclone. While eszopiclone is a hypnotic agent with a chemical structure unrelated to benzodiazepines, it shares some of the pharmacologic properties of the benzodiazepines.

## Abuse, Dependence, and Tolerance

**Abuse and Dependence:** In a study of abuse liability conducted in individuals with known histories of benzodiazepine abuse, eszopiclone at doses of 6 and 12 mg produced euphoric effects similar to those of diazepam 20 mg. In this study, at doses 2-fold or greater than the maximum recommended doses, a dose-related increase in reports of amnesia and hallucinations was observed for both LUNESTA and diazepam.

The clinical trial experience with LUNESTA revealed no evidence of a serious withdrawal syndrome. Nevertheless, the following adverse events included in DSM-IV criteria for uncomplicated sedative/hypnotic withdrawal were reported during clinical trials following placebo substitution occurring within 48 hours following the last LUNESTA treatment: anxiety, abnormal dreams, nausea, and upset stomach. These reported adverse events occurred at an incidence of 2% or less. Use of benzodiazepines and similar agents may lead to physical and psychological dependence. The risk of abuse and dependence increases with the dose and duration of treatment and concomitant use of other psychoactive drugs. The risk is also greater for patients who have a history of alcohol or drug abuse or history of psychiatric disorders. These patients should be under careful surveillance when receiving LUNESTA or any other hypnotic.

## Tolerance

**Tolerance:** Some loss of efficacy to the hypnotic effect of benzodiazepines and benzodiazepine-like agents may develop after repeated use of these drugs for a few weeks. No development of tolerance to any parameter of sleep measurement was observed over six months. Tolerance to the efficacy of LUNESTA 3 mg was assessed by 4-week objective and 6-week subjective measurements of time to sleep onset and sleep maintenance for LUNESTA in a placebo-controlled 44-day study, and by subjective assessments of time to sleep onset and WASO in a placebo-controlled study for 6 months.

## OVERDOSAGE

There is limited premarketing clinical experience with the effects of an overdose of LUNESTA. In clinical trials with eszopiclone, one case of overdose with up to 36 mg of eszopiclone was reported in which the subject fully recovered. Individuals have fully recovered from racemic zopiclone overdoses up to 340 mg (56 times the maximum recommended dose of eszopiclone).

**Signs And Symptoms:** Signs and symptoms of overdose effects of CNS depressants can be expected to present as exaggerations of the pharmacological effects noted in preclinical testing. Impairment of consciousness ranging from somnolence to coma has been described. Rare individual instances of fatal outcomes following overdose with racemic zopiclone have been reported in European postmarketing reports, most often associated with overdose with other CNS-depressant agents.

**Recommended Treatment:** General symptomatic and supportive measures should be used along with immediate gastric lavage where appropriate. Intravenous fluids should be administered as needed. Flumazenil may be useful. As in all cases of drug overdose, respiration, pulse, blood pressure, and other appropriate signs should be monitored and general supportive measures employed. Hypotension and CNS depression should be monitored and treated by appropriate medical intervention. The value of dialysis in the treatment of overdose has not been determined.

**Poison Control Center:** As with the management of all overdose, the possibility of multiple drug ingestion should be considered. The physician may wish to consider contacting a poison control center for up-to-date information on the management of hypnotic drug product overdose.

Rx only.

SEPRACOR 3/05  
© 2005 SEPRACOR INC., MARLBOROUGH, MA 01752