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References

Prescribing in older people CHAPTER 6 Drug Specific indication/ additional notes Starting dose Usual maintenance dose Maximum dose in elderly Zolpidem Insomnia (short-term use - up to 4 weeks) 5mg nocte 5mg nocte 5mg nocte Zopiclone Insomnia (short-term use - up to 4 weeks) 3.75mg nocte 3.75-7.5mg nocte 7.5mg nocte Where no references were given the British National Formulary (BNF) October 2023¹ was used. *There is no specific information available in the literature for these drug doses in elderly patients. The doses stated are a guide only. Where there are no data, the maximum doses are conservative and may be exceeded if the drug is well tolerated and following clinician's assessment. †NB All antipsychotic drugs contain warnings for increased mortality in elderly patients with dementia. bd, twice a day; BPSD, behavioural and psychological symptoms of dementia; CrCl, creatinine clearance; eGFR, estimated glomerular filtration rate; EPSE, extrapyramidal side effects; ESRD, end-stage renal disease; mane, in the morning; nocte, at night; po, by mouth; prn, as required; tds, three times a day. References

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