

**Ambien CR®** (*zolpidem tartrate extended-release*)

**FDA-APPROVED INDICATIONS**

Ambien CR is indicated for:

- A. The treatment of insomnia, characterized by difficulties with sleep onset and/or sleep maintenance (as measured by wake time after sleep onset).

**COVERAGE POLICY**

Ambien CR is covered for members who meet the following criteria:

- A. Have documented trial and failure of zolpidem (Ambien\*) or zaleplon (Sonata\*)
- AND**
- B. Have documented trial and failure eszopiclone (Lunesta)

**DOSE**

The dose of Ambien CR should be individualized. Ambien CR is available as extended-release tablets containing 6.25 mg or 12.5 mg of zolpidem tartrate for oral administration. Ambien CR should be swallowed whole, and not be divided, crushed, or chewed. The effect of Ambien CR may be slowed by ingestion with or immediately after a meal.

The recommended dose of Ambien CR for adults is 12.5 mg immediately before bedtime.

Elderly or debilitated patients may be especially sensitive to the effects of zolpidem. Patients with hepatic insufficiency do not clear the drug as rapidly as normal. The recommended dose for these patients is 6.25 mg immediately before bedtime.

**Quantity limit: 1 tablet per day**

**NON COVERAGE**

Ambien CR is NOT covered for members with the following criteria:

- A. No documented trial and failure of Ambien\* or zaleplon (Sonata\*)
- B. No documented trial and failure of Lunesta

**REFERENCES**

1. Ambien CR® (zolpidem extended-release) prescribing information. Sanofi-aventis U.S. LLC, 2007. [http://products.sanofi-aventis.us/ambien\\_cr/ambienCR.pdf](http://products.sanofi-aventis.us/ambien_cr/ambienCR.pdf)