

Sodium Oxybate

Xyrem / Lumryz • different nighttime dosing schedules

A nighttime treatment for narcolepsy. Know which product you have: Xyrem and Lumryz are taken differently.

From Jeffrey Panko, PMHNP-BC's education collection ·

Draft for review · Clinical content has not been revalidated for this website.

NARCOLEPSY

XYREM: TWO DOSES • LUMRYZ: ONE DOSE

GABA-B activity may help explain the benefit. The GHB binding site in the diagram has no proven separate benefit.

What it is used for

Helps reduce sudden muscle weakness called cataplexy, or excessive daytime sleepiness from narcolepsy.

Approved from age 7, with a separate child-specific plan. This is not an ordinary sleeping pill for insomnia.

How it works

Affects signaling in the brain during sleep. It can improve daytime symptoms even though it makes you sleepy at night.

It can also slow breathing or cause unconsciousness. The exact way it improves narcolepsy is not fully understood.

What to expect over time

EACH NIGHT

Sleep may come within minutes. Be in bed before taking it and stay there.

DOSE CHANGES

Your clinician adjusts gradually, usually no more often than weekly.

FOLLOW-UP

Track daytime sleepiness, muscle-weakness episodes and side effects.

Taking your medication

Both: wait at least 2 hours after eating.

Xyrem: before bed, measure each dose with its syringe into separate supplied cups; add $\frac{1}{4}$ cup (60 mL) water to each. Use child-resistant caps. Take dose 1 in bed, dose 2 in bed 2½–4 hours later. Lie down immediately after each.

Lumryz: mix one prescribed packet (see the “Everyday tips” section). Take in bed within 30 minutes; lie down immediately.

When to get help

Call 911: slow or difficult breathing, inability to wake, collapse, seizure or immediate self-harm danger.

Too much or the wrong dose? Get help immediately: Poison Control 1-800-222-1222. Do not wait for symptoms. Call 911 for serious symptoms.

Contact your team promptly: sleepwalking, new confusion, hallucinations, worsening depression or suicidal thoughts. Get advice before another dose.

Early side effects

Nausea, vomiting, dizziness, headache, bedwetting, sleepiness or shaking may occur. Children may eat less or lose weight. Tell your team if symptoms bother you or worsen after an increase.

Other effects to discuss

Falling asleep very quickly can cause falls. Do not drive or do dangerous work for at least 6 hours after your last dose, and never while still impaired. Feeling awake does not guarantee safe driving.

What to keep track of

Track daytime function, breathing pauses, mood, appetite and unusual nighttime behavior. Report swelling or blood-pressure changes. These products contain substantial sodium (salt).

Before you start

Discuss sleep apnea, lung, liver, kidney or heart problems, high blood pressure, a low-salt diet, depression, suicidal thoughts, unusual sleep behaviors, substance misuse and succinic semialdehyde dehydrogenase deficiency. Your prescriber and certified pharmacy arrange the required REMS safety-program enrollment and teach safe use.

Medicines & interactions

Alcohol and other sleeping pills

Do not combine. The mixture can cause dangerous breathing problems or death.

Other medicines that cause sleepiness

Check opioids, anxiety medicines, sedating psychiatric/seizure medicines, allergy pills and anesthesia. Tell every treating clinician you take oxybate.

Divalproex / valproate

Your oxybate plan may need adjustment. Instructions differ between Xyrem and Lumryz; do not change the dose yourself.

Everyday tips

Keep a regular sleep schedule and track symptoms.

Follow your sleep specialist's planned-nap advice.

Arrange safe transport when you are sleepy.

Keep every dose secure and away from others.

Your questions, answered

How do I mix Lumryz?

At bedside, fill its cup with water to Line A (80 mL); add the entire packet. Close and shake 60 seconds. Drink all in bed within 30 minutes. Refill with water to Line B, close and shake 10 seconds; drink the rinse immediately, then lie down. No hot water or second packet.

What if I miss a dose?

For Xyrem, skip a missed second dose until the next night; never take both together. An alarm can help. Do not take a daytime or extra catch-up dose of either product.

Can I stop or switch products?

Discuss a plan first. Sleepiness or muscle weakness may return. Dependence and withdrawal can occur, particularly with misuse. Never add doses, share medicine or change products yourself. Call your pharmacy before you run out.

What about pregnancy or breastfeeding?

Contact your prescriber to discuss the benefits and risks. Pregnancy information is limited. Oxybate passes into milk, and effects on a breastfed baby are uncertain.

Storage & safety

Store securely at room temperature, away from children and pets. Mixed Xyrem must be used within 24 hours; mixed Lumryz within 30 minutes. The Lumryz mixing cup is not child-resistant. Follow your product's instructions or pharmacist's advice for disposal.

A final reminder

not an individual prescription or replacement for the full mixing instructions.

About this information

For general information only; not a substitute for individualized medical advice. This sheet does not cover every risk or interaction. Ask your prescriber or pharmacist before changing how you take this medication.

Sources

1. <https://dailymed.nlm.nih.gov/dailymed/drugInfo.cfm?setid=926eb076-a4a8-45e4-91ef-411f0aa4f3ca>
 2. <https://dailymed.nlm.nih.gov/dailymed/drugInfo.cfm?setid=10e5e40c-52f3-4c73-8a34-2c29c690a934>
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Educational inclusion does not mean this medication or its indications are treated at this practice. Review the guide for your exact product with your prescriber or pharmacist.

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