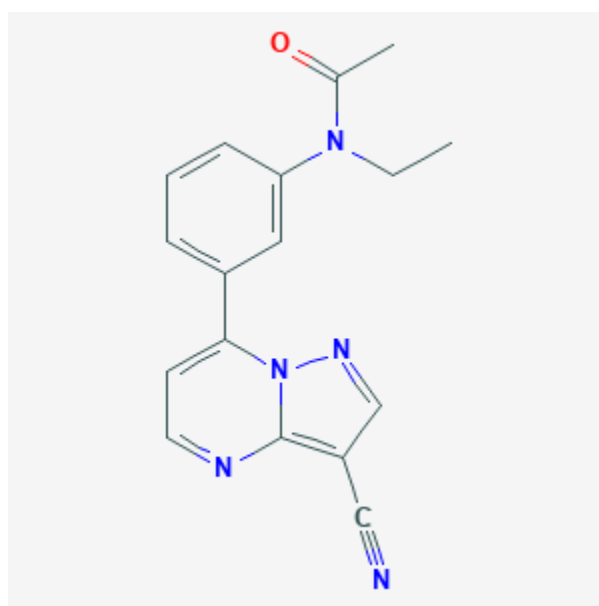




## Zaleplon

Revised: October 31, 2018.

CASRN: 151319-34-5



## Drug Levels and Effects

### Summary of Use during Lactation

Because of the low levels of zaleplon in breastmilk and its short half-life, amounts ingested by the infant are small and would not be expected to cause any adverse effects in breastfed infants. No special precautions are required.

### Drug Levels

*Maternal Levels.* Five nursing mothers who were at least 14 days postpartum were given a single oral dose of zaleplon 10 mg. The peak milk level averaged 14 mcg/L at 1.2 hours after the dose. The mean half-life in milk was 1.1 hours.[1] Using the peak milk level data from this study, an exclusively breastfed infant would receive an estimated maximum of 2.1 mcg/kg daily with this maternal dosage regimen or about 1.4% of the maternal weight-adjusted dosage.

**Disclaimer:** Information presented in this database is not meant as a substitute for professional judgment. You should consult your healthcare provider for breastfeeding advice related to your particular situation. The U.S. government does not warrant or assume any liability or responsibility for the accuracy or completeness of the information on this Site .

*Infant Levels.* Relevant published information was not found as of the revision date.

### **Effects in Breastfed Infants**

Relevant published information was not found as of the revision date.

### **Effects on Lactation and Breastmilk**

Relevant published information was not found as of the revision date.

### **Alternate Drugs to Consider**

Zolpidem

### **References**

1. Darwish M, Martin PT, Cevallos WH et al. Rapid disappearance of zaleplon from breast milk after oral administration to lactating women. J Clin Pharmacol. 1999;39:670-4. PubMed PMID: 10392321.

## **Substance Identification**

### **Substance Name**

Zaleplon

### **CAS Registry Number**

151319-34-5

### **Drug Class**

Breast Feeding

Lactation

Hypnotics and Sedatives