



Medication: Cyclobenzaprine 10 mg

What is Cyclobenzaprine?

Cyclobenzaprine belongs to a group of medications called skeletal muscle relaxants. It works on the muscle nerves to reduce muscle spasms without altering muscle function. It is used to treat certain types of pain, muscle spasms, and sleep disorders (but is not a sleeping pill).

Expected Benefit:

- Usually takes 1 to 2 hours to notice improvement

Watch for possible side effects:

This list of side effects is important for you to be aware of; however, it is also important to remember that not all side effects happen to all people. Many of these less serious side effects will improve over the first few days of taking the medications.

- Dry mouth
- Hangover effect – too sleepy in the morning
- Blurred vision
- Urinary retention

Stopping the medication:

You do not need to taper off or reduce the dose of medication before stopping it.

Dosing Schedule:

- Start with 5 mg (½ tablet) 2 hrs before bed
- Increase dose according to table below
- Stop increasing the dose
 - If you reach the target dose of 20 mg
 - You can stay at a lower dose (stop increasing) if you get side effects (usually dry mouth)
 - You might want to lower the dose 5 mg

Take 2 hrs before bed	
5 mg	For 1 week
10 mg	For 2 weeks
15 mg	For 2 weeks
20 mg	Stay on this dose

Drugs and Foods to Avoid:

Ask your doctor or pharmacist before using any other medication, including non-prescription medication (over-the-counter medication) and herbal products.

- Avoid alcohol use at the same time
- Take 2 hrs after potassium
- Don't use yohimbine, St John's Wort, 5HTP, chamomile, ginseng, gotu kola, hawthorn, kava, lemon balm, goldenseal, passion flower, SAMe, valerian

Please contact the Complex Chronic Diseases Program if you have further questions about your medications.