

**Medication: Clonidine 0.1 mg**

**What is Clonidine?**

Clonidine is a medication that was first used to treat high blood pressure. It works by altering levels of noradrenalin in the body and brain. Clonidine helps to regulate blood pressure, heart rate, and pain signals. It is used for the treatment of nightmares and night sweats. It can also help with withdrawal symptoms when tapering off opioids (narcotics).

**Expected benefit:**

- You should notice a benefit on the first night/day

**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.

If you have problems with these side effects talk with your doctor or pharmacist:

- Dizziness
- Tiredness, drowsiness that is more than usual

**Stopping the medication:**

There should be no withdrawal effect when stopping the medication if the medication is not taken regularly.

**Dosing Schedule for nightmares and night sweats:**

- Start with 0.1 mg at bedtime
- If you are especially sensitive, start with 0.05 mg (½ tablet)
- The dose can be increased to 0.2 mg if needed

**Dosing Schedule for opioid withdrawal:**

- Start with 0.1 mg at once daily and if tolerated to twice daily
- If you are especially sensitive, start with 0.05 mg (½ tablet)
- The dose can be increased to 0.2 mg three daily if needed

**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 at the same time
- Take at least 2 hours after magnesium supplements
- Avoid Kava kava

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