

## 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). It is also used in patients with the central hyperadrenergic form of POTS (with high blood pressure).

### Expected benefit:

- You should notice a benefit quickly once you are the right dose

### 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:

- Start with 0.1 mg at once daily
- Then increase 0.1 mg twice a day the next day if you don't have side effects
- If you are especially sensitive, start with 0.05 mg (½ tablet)
- The dose can be increased at 0.05 (½ tablet) to 0.1 (full tablet) if needed
- Do not increase the dose if you get dizziness or other side effects
- Maximum dose 0.2 mg three times a day

### 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.