

## 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 or alcohol. It is used for the treatment of nightmares and night sweats. It is also used in patients with the central hyperadrenergic form of POTS (with high blood pressure).

### Expected benefit:

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

### Watch for possible side effects:

It is important to be aware of the side effects however, it is also important to remember that not all side effects occur in everyone. Many of the less serious side effects will improve over the first few days of taking the medication.

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

- Dizziness, light headedness
- Low heart rate or blood pressure
- 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. However, if taken regularly, **do NOT discontinue therapy abruptly**. When discontinuing, taper gradually to decrease risk of withdrawal symptoms (e.g., rebound hypertension)

### 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 times 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.