

Patient Instruction Sheet

Baclofen (Oral)

Lioresal, Clofen, Baclo, Stelax

Why you have been prescribed Baclofen

Baclofen is a muscle relaxant and is used to decrease spasms caused by multiple sclerosis and diseases or injuries of the spinal cord. Because this medicine reduces spasms and the pain that goes with them, it helps make you more mobile and better able to manage your daily activities.

How to take Baclofen

Baclofen tablets are available in 10mg and 25mg doses.

Your dose of Baclofen will be increased slowly over the next few weeks. The effective dose varies from person to person so please increase your dose according to the schedule (see reverse). If you get side effects, as described below, return to the previous dose and contact the Multiple Sclerosis Clinic. Baclofen should be taken with food. It is typically given three times a day.

Common side effects

Some of the side effects caused by Baclofen may also be attributed to multiple sclerosis (eg fatigue). The list below is not comprehensive. If you notice **any new symptoms**, please contact your doctor or discuss your new symptoms with him/her at your next visit.

Common side effects include day time sleepiness or drowsiness, lack of energy, dizziness or light headedness, headache, difficulty sleeping or nightmares, nausea and vomiting, constipation, stomach cramps or diarrhoea, loss of appetite, numbness or tingling in hands and feet, muscle weakness spasms or pain and problems with coordination and balance.

Baclofen may cause drowsiness or blurred vision in some people. Make sure you know how you react to Baclofen before you drive a car, operate machinery or do anything else that could be dangerous if you are drowsy or have blurred vision.

Alcohol or other sedatives may increase the drowsiness that may be caused by Baclofen. Baclofen can affect or be affected by other medications particularly some antidepressants, treatments for high blood pressure, diabetes and Parkinson's disease. You should always tell your doctor about any other medication you are taking including vitamins, natural remedies or herbal products.

Rare but serious side effects

Immediately contact your doctor or emergency department at your local hospital if you observe any of the following symptoms, as you may be having a serious reaction to Baclofen:

- signs of allergy (rash, hives, swelling of face, lips, tongue or other parts of the body)
- chest pain, fast or irregular heart beat
- slow or difficult breathing
- difficulty urinating, blood in urine
- seizures or fits
- hallucinations

Important things to be aware of

- You should not stop Baclofen abruptly. Please discuss stopping the medication with your doctor before doing so.
- Before you start taking Baclofen you must tell your doctor if you are pregnant or trying to become pregnant or you are breast-feeding or planning to breast-feed.

Your dosage schedule for Baclofen

Dosage period	Breakfast	Lunch	Dinner	Bed-time
_____ to _____				
_____ to _____				
_____ to _____				
_____ to _____				
_____ to _____				

If you think that you or anyone else may have taken too much Baclofen, immediately go to Accident and Emergency at your nearest hospital. Do this even if there are no signs of discomfort or poisoning.

Whilst every effort has been made to ensure that the information given in this information sheet is up to date and accurate, not every person will respond the same way to this medication. This instruction sheet is meant as a guide only. More comprehensive information can be found in the insert provided in the package and from your local pharmacist.