

What is clonidine?

- Clonidine has a calming effect.
- It works in the brain to reduce release of a stimulating chemical called norepinephrine.
- It was first used as a blood pressure medication and is also used for some mental health conditions such as ADHD, anxiety and sleep disorders.
- It can help to treat short-term and long-term pain, in combination with other pain medications.
- Clonidine starts to work quickly, so you may begin feeling better soon after starting this medicine.

Clonidine is also called:

- Catapres®
- Dixarit®

How to use and store this medication

- Clonidine is taken by mouth. It is in pill form, which can be crushed. Your pharmacy may also be able to prepare a liquid for you. It can be taken with or without food.
- Clonidine may be taken regularly or on an as-needed basis. Take it how your health professional recommends.
- If you are taking clonidine regularly, do not suddenly stop this medication without talking to your healthcare provider.
- Store the medication at room temperature, away from heat, moisture, and direct light.
- Store the medication out of reach of children and pets.

If you miss a dose

- Take the dose as soon as you remember.
- If it is almost time for your next dose, skip the missed dose and continue with the next dose at the regular time.
- Do not take extra medicine to make up for a missed dose.
- If you are unsure what to do about a missed dose, contact your healthcare provider or pharmacist.

Safety measures

- Clonidine can interact with other medications. Ask your healthcare provider before using any other medications, including non-prescription medicines, vitamins, and herbal products.
- Clonidine is not addictive and does not cause “cravings.” It can cause side effects if stopped suddenly.
- Do not stop taking this medication suddenly without talking with your healthcare provider.

They will usually decrease your dose slowly before stopping.

- Make sure your healthcare provider knows if you have a heart condition, kidney disease, are pregnant or are breastfeeding.

Side effects

- Less serious side effects often improve during your first few days taking clonidine. These side effects include:
 - Drowsiness: do not drive or do any potentially dangerous activities until you know how clonidine affects you
 - Dizziness: get up slowly when rising from lying down or sitting
 - Dry eyes or mouth: try using artificial tear drops, chewing sugarless gum, or having ice chips/popsicles
 - Upset stomach: try taking the medication with food
 - Constipation: try to drink lots of fluids and eat more fiber-containing foods
- If these side effects continue or cause distress, talk with your healthcare provider or pharmacist.

CALL YOUR HEALTH CARE PROVIDER RIGHT AWAY AND GET HELP IF

YOU EXPERIENCE:

- Fainting
- Slow or irregular feeling heartbeat
- Extreme drowsiness
- Unusual change in your mood, such as irritability or depression
- Signs of an allergic reaction
 - Skin rash
 - Swelling to the face, throat, lips or tongue
 - Trouble breathing

