

Spasticity Service

Orpington Hospital
Sevenoaks Road
Orpington BR6 9JU
Spasticity CNS: 07977069011
Medical Secretary: 01689 866361
Email: emma.boyle7@nhs.net



King's College Hospital
NHS Foundation Trust

Baclofen titration patient information leaflet

Patient name :	Date :
Hospital no :	Doctor :

Baclofen is one of the most effective and commonly used drugs to treat spasticity (muscle stiffness and spasms). The recommended maximum dose is **100 mg per day in divided doses**.

It is available as:

Tablets	10mg
Oral solution	5mg/5ml or 10mg/5ml

As with most medications, a range of side-effects have been reported with baclofen. For a full list of side effects, please refer to the product information leaflet included with the medication. The most common ones include:

- Drowsiness
- Muscle weakness / fatigue
- Pins and needles
- Nausea and vomiting
- Muscle aches and pain
- Hallucinations
- Dry mouth
- Confusion
- Hypotension
- Gastrointestinal disorders (diarrhoea/constipation)
- Reduce seizure threshold
- Sleep disorders (insomnia/nightmares)
- Respiratory depression

Not everyone will experience these side effects and many individuals do not experience any problems.

Additional information:

- Baclofen may cause drowsiness and you should not drive or operate machinery if this affects you.
- Effects of alcohol may be enhanced and sedation may be increased with concomitant baclofen use.
- If you suffer from seizures / fits you should tell your doctor before starting treatment as in some individuals it can increase seizure frequency

It is important to avoid abrupt withdrawal as it can cause withdrawal symptoms such as spasticity exacerbation. Do not suddenly stop taking baclofen unless advised by your doctor. It is usually weaned over at least 1-2 weeks.

Baclofen is always started at a low dose and increased slowly, please follow table below.

Week 1				
Week 2				
Week 3				
Week 4				
Week 5				
Week 6				

Some individuals are able to follow the increasing dosage regimen without any problems. However, if you experience side effects when you increase the dose, then reduce back down to a dose where you did not experience significant side effects. You should allow your body to develop tolerance at the smaller dose for a few weeks before considering to up-titrate.

Please note that if at any stage of the increasing dosage regimen you achieve satisfactory symptom control, then there is no need to further increase the dose.

If you need to stop baclofen, then follow the stepwise pattern in reverse to gradually decrease the dose each week or discuss with your doctor or spasticity team.

This leaflet mainly focuses on how to titrate baclofen. For further information on baclofen, please refer to the full patient information leaflet, which is included in every medicine package.

If you have any queries, please contact the Spasticity CNS or Medical Secretary on the front page telephone number.

PALS

The Patient Advice and Liaison Service (PALS) is a service that offers support, information and assistance to patients, relatives and visitors. They can also provide help and advice if you have a concern or complaint that staff have not been able to resolve for you. They can also pass on praise or thanks to our teams. The PALS office is in the main hospital foyer at PRUH and they would be happy to advise you.

PALS at Princess Royal University Hospital, Farnborough Common, Orpington, Kent BR6 8ND

Tel: **01689 863252**

Email: **kch-tr.palspruh@nhs.net**

If you would like the information in this leaflet in a different language or format, please contact our Communications and Interpreting telephone line on 020 3299 4826 or email:

kch-tr.accessibility@nhs.net

Reviewed by: Dr Eleonora Bradaschia Locum Consultant in Rehabilitation Medicine, Roshni Dattani – Neurosciences Senior Pharmacist, 05/04/22 Prepared by: Honey Padilla Spasticity Clinical Nurse Specialist Ref: MedicinesComplete – CONTENT > BNF > Drug: Baclofen