

Spasticity Service

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King's College Hospital
NHS Foundation Trust

Clonazepam titration patient information leaflet

Patient name :	Date :
Hospital no :	Doctor :

Clonazepam is a drug used to treat epilepsy and anxiety routinely. It can be used for muscle spasms and in restless leg syndrome as an off-label use. Clonazepam can be used alone or more commonly in combination with other drugs. Clonazepam is particularly useful taken at bedtime if spasms are a problem at night as it can also cause drowsiness. The recommended maximum dose is **8mg per day in divided doses**.

It is available as:

Tablets	500mcg or 2mg
Oral solution	500mcg/5ml or 2mg/5ml

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

- Reduced alertness
- Anxiety
- Reduced coordination
- Confusion
- Depression
- Dizziness
- Drowsiness
- Difficulty speaking
- Fatigue
- Headache
- Hypotension
- Altered mood
- Breathing difficulties
- Sleep disorders
- Tremor
- Visual disturbances

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

Additional information:

- Clonazepam may cause drowsiness, impair judgement and reduce reaction time. Therefore, you should not drive or operate machinery if this affects you. Taking clonazepam at night may also impair your performance the following day.
- Do not drink alcohol as the risk of side effects may be increased with concomitant clonazepam use.
- Concomitant use of clonazepam and opioids can increase the risk of other effects such as drowsiness and breathing difficulties. Therefore, concomitant use should only be considered when other treatment options are not possible.

It is important to avoid abrupt withdrawal as it can cause withdrawal symptoms such as tremor, sweating, agitation and confusion. Do not suddenly stop taking clonazepam unless advised by your doctor.

The effectiveness of clonazepam may decrease over time if used regularly.

Clonazepam is always started at a low dose and increased slowly, please follow the 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 couple of weeks before considering to up-titrate.

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

If you need to stop clonazepam, 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 clonazepam. For further information on clonazepam, 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

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