

## Spasticity Service

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**King's College Hospital**  
NHS Foundation Trust

## Tizanidine titration patient information leaflet

Patient name :	Date :
Hospital no :	Doctor :

Tizanidine is one of the most commonly used drugs to treat spasticity (muscle stiffness and spasms). It is often used in combination with other drugs such as baclofen. The recommended maximum dose is **36mg per day in divided doses**.

It is available as: 

Tablets	2mg or 4mg
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As with most medications, a range of side effects have been reported with tizanidine. For a full list of side effects, please refer to the product information leaflet included with the medication.

The most common complaints include:

- Drowsiness
- Weakness / Fatigue
- Arrhythmia
- Decreased or increased heart rate
- Dizziness
- Hypotension
- Dry mouth

Not everyone will suffer with these and many individuals do not experience any problems.

### Additional information:

- Tizanidine 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 tizanidine use.

Tizanidine can cause liver problems but this is rare with low doses. Your doctor will monitor your liver function if you take doses over 12mg or if you have symptoms that suggest your liver has been affected such as unexplained anorexia or nausea. These blood tests will be taken monthly for the first 4 months.

It is important to avoid abruptly stopping tizanidine as it can cause withdrawal symptoms such as increased heart rate or high blood pressure. Do not suddenly stop taking tizanidine unless advised by your doctor. They will need to monitor your blood pressure as the dose is weaned. It is usually weaned over at least 1-2 weeks.

Tizanidine 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. Take this smaller dose for a few weeks to allow your body to develop tolerance before considering increasing the dose again.

If at any stage of the increasing dosage regimen you achieve good symptomatic control from the tizanidine, then there is no need to increase the dose further.

If you need to stop tizanidine follow the stepwise pattern above 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 tizanidine. For further information on tizanidine, 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

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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](mailto: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: Tizanidine