

## Spasticity Service

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

## Trihexyphenidyl titration patient information leaflet

Patient name :	Date :
Hospital no :	Doctor :

**Trihexyphenidyl** is a drug that is used to treat muscle dystonia and spasms/tremors. It may be used in people with Parkinson's disease but is also often useful as an off-label use in childhood onset dystonia seen in people with cerebral palsy. It may be used in combination with other spasticity drugs . The recommended maximum dose is **15mg per day in divided doses**.

It is available as:

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

As with most medications, a range of side-effects have been reported with Trihexyphenidyl, which can be minimised by starting at a low dose and increasing slowly. For a full list of side effects, please refer to the product information leaflet included with the medication. The most common side effects include:

- Dry mouth
- Drowsiness
- Blurry vision
- Confusion including hallucinations
- Mild nausea / vomiting
- Constipation
- Difficulty in passing urine
- Dizziness
- Mild nervousness

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

### Additional information:

- Trihexyphenidyl may cause drowsiness and you should not drive or operate machinery if this affects you.
- Do not stop taking trihexyphenidyl except on your doctor's advice. It is usually weaned over a number of days.
- May be taken before meals if you experience dry mouth. If taken after meals, induced thirst can be allayed by peppermint, chewing gum or water.

**Trihexyphenidyl** should be taken in a step-wise increasing dose, 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 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 Trihexyphenidyl, 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 trihexyphenidyl. 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](mailto: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](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: Trihexyphenidyl