

# **Baclofen**

**(BAK – loe – fen)**

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## **How this medication is used**

Baclofen is also known as Lioresal<sup>®</sup>. It is used to help relieve spasms, pain and tightness of muscles. It can help individuals with muscle spasms, multiple sclerosis, spinal cord injuries, trigeminal neuralgia and other nerve and muscle conditions.

## **How to take this medication**

- Take these pills exactly as directed by your doctor. It is usually started at a low dose and gradually increased. You may not have pain relief when you first start taking Baclofen. Do not give up. It may take 3 to 5 days or longer for pain relief. The dose may need to be increased slowly. When increasing your daily dose as instructed, start with the bedtime dose.
- Do not stop taking this medication without checking with your doctor first. When stopped quickly, withdrawal from this medication can cause seizures, hallucinations and fever.
- When it is time to stop taking this medication, your doctor may slowly decrease the amount you take.
- If you miss a dose of this medication, take it as soon as possible. However, if it is almost time for the next dose, skip the missed dose and take at your regular time. Do not take 2 doses at one time.

## While taking this medication you may notice

- **Dizziness.** Get up slowly when you have been sitting or lying down. If you feel dizzy, sit or lie down until you are no longer dizzy, then get up slowly.
- **Drowsiness.** Until you know how it affects you, do not drive or operate machinery.
- **Increased effects of alcohol.** Making you more sleepy, dizzy and lightheaded. Do not drink alcohol (wine, beer and liquor) while on this medication.
- **Nausea or upset stomach.** Take with food.
- **Change with diabetes.** Your sugar levels may be higher, check as needed.
- **Constipation.** To prevent constipation, eat food high in fibre, drink plenty of fluids (6 to 8 glasses) each day and exercise regularly. Food high in fibre includes whole grain products, vegetables and fruit. Talk to your doctor or pharmacist about laxatives or stool softeners.
- **Skin rash.**

## Contact your doctor or seek medical help if you notice:

- mood changes
- confusion
- trouble sleeping
- unusual muscle weakness
- extreme tiredness
- blurred vision
- chest pain
- you urinate or pass water more often
- numbness in arms or legs