CLONIDINE

General information concerning use for Hyperhidrosis/Flushing

Clonidine is used primarily to treat high blood pressure, and is also occasionally prescribed as treatment for Attention Deficit Hyperactivity Disorder and Autism.

To start taking Clonidine, clinicians will prescribe a large quantity of small pills. Small pills allow the patient to carefully adjust the dose according to specific directions to achieve maximal benefits and minimize side effects. The number of tablets you need to impact your sweating may be limited by the medication’s side effects, which are discussed below. You must determine how many tablets per day are needed to improve excessive sweating with mild or tolerable side effects. Decrease the dose to reduce mild side effects. Please consult your physician for specific dosing recommendations. Once you reach an effective daily dosage, maintain that amount of medication. Many people do not find it necessary to increase the dosage.

The most common side effects are dry mouth, cloudy thinking, and a lowering of blood pressure which may cause lightheadedness especially when first standing. Please be aware that this medicine has other uncommon but significant potential side effects. These include but are not limited to drowsiness, dizziness, constipation, sedation, weakness, fatigue, headache, agitation, rash, nausea, loss of appetite, joint pain, impotence, leg cramps, swelling, dry eyes, slowed heart rate.

One potentially serious side effect is a marked increase in blood pressure with abrupt stopping of the medication. If you decide to stop taking Clonidine, you must decrease the dose by one pill each day and take \( \frac{1}{2} \) tablet for 2 days before discontinuation.

You may not take Clonidine if you are currently taking an MAOI antidepressant, a beta blocker blood pressure medication such as metoprolol, atenolol or propranolol, or Remeron (mirtazapine). Let your doctor know if you are taking any other blood pressure medication, since they may interact with Clonidine. It is not known if Clonidine causes fetal harm, so you should not take this medication if you are pregnant or breastfeeding. This medicine should not be used in patients with significant liver, kidney, or heart disease. Please ask your physician about usage of this medicine if you have any of these medical problems.