

Medication Information Card

Clonidine (Clon – i – deen)

Other names for this medication

Catapres[®]
Dixarit[®]

There are many other names for this medication.

How this medication is used

This medication is used to treat many different problems.
This medication may lessen:

- hot flashes during menopause
- some types of pain
- migraine headaches
- withdrawal from opiates and nicotine (found in cigarettes)
- diarrhea in ulcerative colitis

This medication is mostly used to treat high blood pressure.

How to take this medication

Take this medication exactly as directed by your doctor.

To avoid stomach upset, take this medication with a meal or snack.

How to take this medication (continued)

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 go back to your regular time. Do not take 2 doses at one time.

Tablet: Swallow whole with a full glass of water or juice.

This medication does not mix well with alcohol. Do not drink alcohol such as wine, beer or liquor while on this medication.

Tell your doctor and pharmacist about all the medications you take, even the ones you buy without a prescription.

Do not suddenly stop taking this medication without checking with your doctor first. When it is time to stop taking this medication, your doctor may slowly decrease the amount.

While taking this medication you may notice

- dry mouth
- drowsiness
- loss of appetite
- trouble sleeping
- constipation
- dizziness

Many of these side effects will go away within 4 to 6 weeks as your body gets used to this medication.

Until you know how this medication affects you, do not drive or operate machinery.

To help dry mouth, try sucking sugar-free candy or chewing sugar-free gum. Sucking on ice chips also helps if you are not on a limited fluid diet. Good care of your teeth is very important at this time.

To avoid constipation, eat food high in fibre, drink 6 to 8 glasses of liquid each day and exercise regularly. Food high in fibre includes whole grain products, vegetables and fruit.

To avoid feeling dizzy, 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.

Contact your doctor if you notice

- your heart beat is not regular
- mood changes
- your heart beat is slower than normal
- you feel anxious, restless
- you feel less interested or able to have sex