



Mid-Valley Behavioral Care Network

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Clonidine

The medication Clonidine treats anxiety and sleep issues. For adults it can be used to treat high blood pressure, anxiety and sleep issues, especially sleep that is affected by PTSD. For children, Clonidine is FDA approved for the treatment of ADHD.

Although clonidine can be very helpful, it can cause some side effects that you should know of before accepting treatment with it. The most common include: **sedation and dizziness**.

The beneficial effect of clonidine is usually immediate. It takes about 30 minutes to 90 minutes to start working. It can work for up to 8 hours. In adults the usual dosage is 0.1-0.3 mg a day. In children it is 0.05mg - 0.2 mg a day. There are no dietary restrictions.

If you have taken Clonidine for several weeks you can experience an increase in your blood pressure if you stop immediately. It is best to taper the medication over 4-7 days. High blood pressure may be experienced as nervousness, head ache, blurry vision. You should call your primary care provider if you are feeling uncomfortable.

Clonidine is generally safe with other medications. It is not addictive and does not change your personality. Treatment with clonidine may need to occur for a few weeks to a few months. As with all treatments, please let your provider know if you are taking other medications.

There are supplemental ways to improve life which include:

- exercise**
- good sleep habits**
- good eating habits**

-yoga

-a hobby

-visiting with family or friends

-psychotherapy

If you have further questions about this medication, please ask your medical provider or your pharmacist.

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