



Clonazepam (Klonopin)

The medication Clonazepam (**Klonopin**) is an anxiolytic. It is used to treat anxiety. Klonopin is prescribed for many other medical conditions including panic disorder, insomnia, seizures, muscle spasms and alcohol withdrawal. Generally these symptoms interfere with your life goals, which is why many people choose to take Klonopin.

Klonopin is FDA approved for panic disorder and for seizures.

Although Klonopin 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, confusion, uncoordinated movements**. Although these effects generally occur during initial treatment some remain throughout treatment and may warrant discontinuing the medication. Talk with your provider about it.

The beneficial effect of Klonopin is usually immediate. It takes about 30 minutes to 90 minutes to start working. It can work for up to 8 hours. The usual dosage is 1 mg three times a day, but that will depend on your response and the communication with your provider.

You can experience uncomfortable symptoms if your Klonopin is abruptly stopped. These can include anxiety, agitation, tremor, elevated blood pressure and pulse. Seizures can also occur, especially if you have been taking the medication for a long time (about 3 months).. If you choose to stop your medicine you should speak with your provider. Generally decreasing the dosage over one week avoids any discomfort.

If benzodiazepines, like Klonopin, are taken for a long time (3 months or more), you can develop a tolerance. This means that you may need more medication to get the same effect. We call this condition "dependence" and it is a state we all like to avoid. Sometimes it is healthier to limit use to about 3 months (or less). Sometimes it is best to avoid taking them at all.

Dependence on a medication has its dangers and you will need to discuss this issue with your provider. But it is important to know that long use of Klonopin can lead to dependence on it.

Klonopin is generally safe with other medications. As with all treatments, please let your provider know if you are taking other medications. There are no dietary restrictions when you are taking Klonopin, but you should absolutely avoid alcohol.

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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