



Tizanidine Regime in Headache:

Tizanidine is used to prevent the headaches from occurring. The dose has to be increased gradually as given below. Continue increasing the dose until it is effective at suppressing your headache attacks or you reach the maximum dose of 8 mg three times daily. If you start to get any side effects please let your General Practitioner or Neurologist know as soon as possible.

	Morning	Afternoon	Evening
For 7 days take:			2 mg
For 7 days take:	2 mg		2 mg
For 7 days take:	2 mg	2 mg	2 mg
For 7 days take:	2 mg	2 mg	4 mg
For 7 days take:	2 mg	4 mg	4 mg
For 7 days take:	4 mg	4 mg	4 mg
For 7 days take:	4 mg	4 mg	6 mg
For 7 days take:	4 mg	6 mg	6 mg
For 7 days take:	6 mg	6 mg	6 mg
For 7 days take:	6 mg	6 mg	8 mg
For 7 days take:	6 mg	8 mg	8 mg
Thereafter take	8 mg	8 mg	8 mg

Side-effects:

As with all medications, there are potential side effects in a small number of patients. The most often reported effects are: dry mouth, dizziness, drowsiness, nausea, stomach pains, low fever, and loss of appetite, back pain, muscle weakness muscle spasm, sweating or skin rash.

Tizanidine should **not be** used with CIPROFLOXACIN or FLUVOXAMINE because very serious interactions may occur.

Special note:

A routine blood test for liver profile and full blood count should be performed one month after starting this drug.

Do not stop taking Tizanidine unless your doctor tells you to. If your treatment is stopped it should be done gradually.

Pregnancy and Breast feeding :

Tizanidine is not recommended if you are pregnant, planning a pregnancy or are breastfeeding. Women of childbearing age should take adequate contraceptive precautions. Higher doses of the oral contraceptive pill are required whilst taking Tizanidine. Women taking the oral contraceptive pill should discuss the dose with their GP.

This leaflet should be read in conjunction with the product characteristic leaflet that can be found inside all boxes of medication. The use of any medicine is based on considerations of how benefits outweigh potential side effects. **Your prescribing doctor will discuss the risks and benefits of the medication as it relates to you and answer any further questions you may have.**

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