

TIZANIDINE HYDROCHLORIDE (ZANAFLEX)

Tizanidine Hydrochloride (Zanaflex) is FDA approved to treat reversible spasticity associated with multiple sclerosis or spinal cord lesions.

The medicine comes in 2 and 4 mg tablets. The usual dose is 8-36 mg a day divided into 3 doses per day but the dose can vary depending on how well it works for you and your tolerance of the medication.

The initial starting dose is 4 mg at night. You should add another 4 mg tablet after 5-7 days and then wait 5-7 more days before adding further 4 mg tablets, etc. These would be added sequentially to a three-times-per-day dosing as morning, noon, and evening. If you get as high as 24 mg per day in total, you should call your doctor before going any further. If you find a dosage level that is satisfactory, there is no reason to increase the medication.

If, after you have increased the medication, you find that the previous -- that is, lower-- dose was just as effective, it would be better to use the lower dose.

DOSING SCHEDULE FOR TIZANIDINE HYDROCHLORIDE (ZANAFLEX) 4 MG TABLETS					
	Insert Date	Morning	Noon	Evening	Daily Dose
Start		0	0	1 tablet	4 mg
After 5-7 days		0	1 tablet	1 tablet	8 mg
After 5-7 days		1 tablet	1 tablet	1 tablet	12 mg
After 5-7 days		1 tablet	1 tablet	2 tablets	16 mg
After 5-7 days		1 tablets	2 tablets	2 tablets	20 mg
After 5-7 days		2 tablets	2 tablets	2 tablets	24 mg

No blood monitoring is needed while on TIZANIDINE HYDROCHLORIDE (ZANAFLEX).

Drowsiness may occur as you increase from one dose to another, but it usually subsides after your body gets used to the medicine over several days. This is why dosage

increases should be done no quicker than every 5-7 days.

There are several important side-effects:

1. **Sedation:** Because of the possibility of sedation, patients should be warned about performing activities requiring alertness, such as driving a vehicle or operating machinery. Patients should also be instructed that the sedation may be additive when Zanaflex is taken in conjunction with drugs (baclofen, benzodiazepines) or substances (e.g., alcohol) that act as CNS depressants.
2. **Low Blood Pressure:** Because of the possibility of tizanidine lowering blood pressure, patients should be warned about the risk of clinically significant orthostatic hypotension that is lightheadedness on arising.
3. **Others:** The adverse events most frequently leading to withdrawal of tizanidine treated patients in the controlled clinical studies were asthenia (weakness, fatigue and/or tiredness) (3%), somnolence (3%), dry mouth (3%), increased spasm or tone (2%) and dizziness (2%).

More information can be found at <http://www.zanaflex.com/>.

TIZANIDINE (By mouth)
Tizanidine (tye-ZAN-i-deen)

Treats muscle spasms. This medicine is a muscle relaxer.

Brand Name(s): Zanaflex
There may be other brand names for this medicine.

When This Medicine Should Not Be Used:
You should not use this medicine if you have had an allergic reaction to tizanidine, or if you are also using the antidepressant fluvoxamine (Luvox®) or certain medicines for high blood pressure such as clonidine (Catapres®), methyldopa (Aldomet®), or prazosin (Minipres®).

How to Use This Medicine:
Tablet, Capsule

- Your doctor will tell you how much of this medicine to use and how often. Your dose may need to be changed several times in order to find out what works best for you. Do not use more medicine or use it more often than your doctor tells you to.
- You may take this medicine with or without food, but you should take it the same way every time. Tizanidine works differently depending on whether you take it on an empty stomach or a full stomach. Talk to your doctor if you have any questions about this.

If a dose is missed:

- If you miss a dose or forget to use your medicine, use it as soon as you can. If it is almost time for your next dose, wait until then to use the medicine and skip the missed dose. Do not use extra medicine to make up for a missed dose.

How to Store and Dispose of This Medicine:

- Store the medicine in a closed container at room temperature, away from heat, moisture, and direct light.
- Ask your pharmacist, doctor, or health caregiver about the best way to dispose of any leftover medicine after you have finished your treatment. You will also need to throw away old medicine after the expiration date has passed.
- Keep all medicine away from children and never share your medicine with anyone.

Drugs and Foods to Avoid:

Ask your doctor or pharmacist before using any other medicine, including over-the-counter medicines, vitamins, and herbal products.

- Make sure your doctor knows if you are also using medicine to lower blood pressure. Some blood pressure medicines are atenolol, hydrochlorothiazide (HCTZ), lisinopril, metoprolol, quinapril, Accupril®, Cozaar®, Diovan®, Lotrel®, Norvasc®, Toprol®, and Zestril®. Tell your doctor if you are using a heart medicine such as amiodarone, mexiletine, propafenone, Mexitil®, or Rhythmol®.
- Make sure your doctor knows if you are using cimetidine, ticlopidine, birth control pills, or medicine to treat infection such as ciprofloxacin, norfloxacin, Cipro®, or Noroxin®.
- Do not drink alcohol while you are using this medicine.
- Tell your doctor if you are using any medicines that make you sleepy. These include sleeping pills, cold and allergy medicine, narcotic pain relievers, and sedatives.

Warnings While Using This Medicine:

- Make sure your doctor knows if you are pregnant or breast-feeding, or if you have liver disease or kidney disease.
- This medicine may make you dizzy or drowsy. Avoid driving, using machines, or doing anything else that could be dangerous if you are not alert.
- To avoid dizziness from this medicine, stand up slowly from a sitting or lying position.
- Your doctor will need to check your progress at regular visits while you are using this medicine. Be sure to keep all appointments.
- Do not stop using this medicine suddenly without asking your doctor. You may need to slowly decrease your dose before stopping it completely.

Possible Side Effects While Using This Medicine:

Call your doctor right away if you notice any of these side effects:

- Allergic reaction: Itching or hives, swelling in your face or hands, swelling or tingling in your mouth or throat, chest tightness, trouble breathing.
- Change in how much or how often you urinate.
- Dark-colored urine or pale stools.
- Dry mouth, sleepiness, or loss of strength.
- Hallucinations (seeing things that are not really there).
- Lightheadedness, dizziness, or fainting.
- Nausea, vomiting, loss of appetite, pain in your upper stomach.
- Unusual bleeding, bruising, or weakness.
- Unusually fast or slow heartbeat.
- Yellowing of your skin or the whites of your eyes.

If you notice these less serious side effects, talk with your doctor:

- Anxiety or depression.
- Diarrhea, upset stomach.
- Muscle stiffness, tremor.
- Nervousness.

- Unusual weakness or tiredness.

If you notice other side effects that you think are caused by this medicine, tell your doctor.

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