

What is Baclofen?

Baclofen, known by the brand names Kemstro®, Gablofen®, or Lioresal®, is a muscle relaxant that helps treat muscle spasms, pain, and stiffness. Muscle spasms are when the muscle tightens or contracts painfully. Muscle spasms usually happen suddenly.

What are my responsibilities as the patient?

- Take Baclofen exactly as your health care provider directs.
- Take a missed dose within 1 hour.
- Do not double doses.
- Do not suddenly stop taking Baclofen as it can cause mental changes, restlessness, hallucinations, and increased muscle spasms.
- Call your health care provider if your spasticity does not improve after two weeks of taking Baclofen.
- Do not drink alcohol or take other Central Nervous System depressants (see list below) while taking Baclofen.
- Do not use Baclofen when you are doing activities that require muscle tone and safe balance and movement.

What are the dosing instructions?

- You may take Baclofen with milk or food to avoid stomach upset.
- Store Baclofen at room temperature, away from moisture and heat.

What other drugs does Baclofen interact with?

- Central Nervous System depressants, such as alcohol, antihistamines, opioid analgesics, and sedatives/hypnotics
- MAO inhibitors {such as Isocarboxazid (Marplan), Phenzelzine (Nardil), Selegiline (Emsam), Tranylcypramine (Parnate)}
- Let your health care provider know if you are taking any of these medications as they can cause reactions with Baclofen.

What activities should I avoid?

- Avoid driving or other activities requiring alertness until your response to Baclofen is known as it can cause dizziness, drowsiness, and thinking impairment.
- Change positions slowly as a sudden change in position can cause a very quick drop in your blood pressure causing dizziness.

What should I be watching for?

Notify your health care provider if you experience:

- A frequent urge to urinate
- Seizures
- Painful urination
- Constipation
- Nausea
- Headache
- Insomnia
- Ringing in ears
- Depression
- Confusion or hallucinations
- Rash or itching (signs of an allergic reaction)

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