



**Principals and Examples of titrating the baclofen dosage:**

The baclofen dose is normally increased by 15mg-30mg every 3-6 days.

The speed of the dose increases depends on whether the increase causes side effects.

-No side effects: wait 2-3 days then raise the dose again.

-Side effects but tolerable: stay on the same dose and it will go in a few days.

-Side effects not tolerable: go back down to the previous dose, wait a few days then start raising the dose again but do it more slowly eg by half a tablet instead of one.

The **dose increases** can be EVEN for all three doses:

Example: 30mg/30mg/30mg to 40mg/40mg/40mg.

30mg/30mg/30mg to 35mg/35mg/35mg to 40mg/40mg/40mg

The **dose increases** can be UNEVEN across the three doses:

Why?

- A. to have a higher dose at the times of worst cravings eg morning or after work.
- B. to avoid side effects eg tiredness in the morning or insomnia at night.

Examples:

Little craving in the morning & when working all day but drinks when gets home:

7am: 10mg, 3pm: 10mg (for leaving work), 6pm: 10mg (for evening) to

7am: 10mg, 3pm: 20mg (for leaving work), 6pm: 20mg (for evening) to

7am: 10mg, 3pm: 30mg (for leaving work), 6pm: 30mg (for evening)

Craves badly in the morning but also needs cover over the whole day:

6am: 10mg, 1pm: 10mg (for afternoon), 6pm: 10mg (for evening) to

6am: 20mg, 1pm: 15mg (for afternoon), 6pm: 15mg (for evening) to

6am: 30mg, 1pm: 20mg (for afternoon), 6pm: 20mg (for evening)

The **dose times** can be EVENLY SPACED over the day:

Standard distribution of doses during the day could be: 7am : 1pm: 7pm

Some find that baclofen relaxes them for sleep - take an extra dose at bedtime.

Others find it causes insomnia : their last dose of the day could be around 6pm.

The **dose times** can be UNEVENLY SPACED over the day to give more control at times of greatest cravings: the closely spaced doses reinforce the control

Only drinks in the evening and cravings start around 4pm (for example): doesn't want baclofen during the work day as causes tiredness.

3pm: 10mg (before cravings start), 5pm: 10mg (leaving work), 6/7pm: 10mg (home)

3pm: 20mg (before cravings start), 5pm: 20mg (leaving work), 6/7pm: 20mg (home)

3pm: 30mg (before cravings start), 5pm: 30mg (leaving work), 6/7pm: 30mg (home)

Bad cravings in the morning but ok once they are controlled:

6am: 10mg: 9am: 10mg : 11am/12pm: 10mg

6am: 20mg: 9am: 20mg : 11am/12pm: 20mg

6am: 30mg: 9am: 30mg : 11am/12pm: 20mg

If there is still severe morning craving, adding a bedtime dose can help quieten the brain at night and reduce cravings on waking.