

Baclofen Titration Continuation Chart: with 3-4 times daily dosing:

Day/Date	Morning Dose (waking or breakfast time)	Lunchtime Dose (12-1pm)	Afternoon dose (3-4pm)	Evening dose Optional (6-8pm)

*** use alerts/alarms on your mobile phone to remind you to take each dose***

Principals and Examples of titrating the baclofen dosage:

**The peak level of baclofen in the blood is about 1 hour after taking the dose.
The effect of a dose of baclofen lasts 3-6 hours.**

- The baclofen dose is normally increased by 15-20mg (5mg per dose) every 3-7 days. The speed of the dose increases depends on whether the increased dose causes side effects.
- No side effects:** wait 3 days then raise the dose again.
 - Side effects but **tolerable:** stay on the same dose and they will go in a few days, then raise the dose.

-Side effects **not tolerable**: go back down to the previous dose, wait 3-7 more days then start raising the dose again but do it more slowly eg by ¼ of a tablet (2.5mg).

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

Example: 30mg/30mg/30mg to 35mg/35mg/35mg to 40mg/40mg/40mg etc

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

- 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 of dose increase regimes:

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

7am: 10mg, **3pm**: 10mg (for leaving work), **5-6pm**: 10mg (for home)

7am: 10mg, **3pm**: 20mg (for leaving work), **5-6pm**: 20mg (for home)

7am: 10mg, **3pm**: 30mg (for leaving work), **5-6pm**: 30mg (for home)

Craves badly from early morning but also needs cover the whole day:

6am: 10mg, **10am**: 10mg, **2pm** 10mg, **5-6pm**: 10mg

6am: 20mg, **10am**: 15mg, **2pm** 15mg, **5-6pm**: 15mg

6am: 30mg, **10am**: 20mg, **2pm** 20mg, **5-6pm**: 20mg

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

Standard distribution of doses during the day could be: 7am: 12 midday: 4pm

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

Others find baclofen 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 working day as causes tiredness. On a work day:

3pm: 10mg (1 hour before cravings start), **5pm**: 10mg (leaving work), **6/7pm**: 10mg (home)

3pm: 20mg (1 hour before cravings start), **5pm**: 20mg (leaving work), **6/7pm**: 20mg (home)

3pm: 30mg (1 hour before cravings start), **5pm**: 30mg (leaving work), **6/7pm**: 30mg (home)

On a weekend/holiday day – start baclofen on waking if drinking would usually start in the morning or at lunchtime on these days.

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

6am: 10mg: **9am**: 10mg : **12midday**: 10mg : **4pm** 10mg

6am: 20mg: **9am**: 20mg : **12midday**: 20mg : **4pm** 20mg

6am: 30mg: **9am**: 30mg : **12midday**: 20mg : **4pm** 20mg

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

Everyone's pattern of craving and drinking is individual. You will need to adjust the dose and spacing between doses to suit your specific needs and get the most effective dose regime of baclofen.