

Baclofen for Alcohol Addiction:

Initiation Regime:

The standard initiation regime:

| Day | Morning ~7am | Lunchtime ~midday | Afternoon ~4pm | Evening Optional ~8pm |
|--------|-----------------|----------------------|-------------------|--------------------------|
| Day 1 | 0 | 0 | ½ tablet (5mg) | As per 4pm dose |
| Day 2 | 0 | ½ tablet (5mg) | ½ tablet (5mg) | |
| Day 3 | ½ tablet (5mg) | ½ tablet (5mg) | ½ tablet (5mg) | |
| Day 4 | ½ tablet (5mg) | ½ tablet (5mg) | ½ tablet (5mg) | |
| Day 5 | ½ tablet (5mg) | ½ tablet (5mg) | 1 tablet (10mg) | |
| Day 6 | ½ tablet (5mg) | 1 tablet (10mg) | 1 tablet (10mg) | |
| Day 7 | 1 tablet (10mg) | 1 tablet (10mg) | 1 tablet (10mg) | |
| Day 8 | 1 tablet (10mg) | 1 tablet (10mg) | 1 tablet (10mg) | |
| Day 9 | 1 tablet (10mg) | 1 tablet (10mg) | 1 tablet (10mg) | |
| Day 10 | 1 tablet (10mg) | 1 tablet (10mg) | 1 tablet (10mg) | |

The doses should be spaced 4-5 hours apart, no more. Avoid a long gap between the lunchtime and afternoon doses as late afternoon is the commonest time to start drinking. An evening dose is not generally needed unless the desire to drink reappears. If sleep is disturbed by baclofen, the last dose should be taken before 6pm.

Use your mobile phone to set reminders to take the baclofen at the required times.

Baclofen can have many side effects in this early phase. They will disappear in a few days. If the side effects are tolerable, just stay on the same dose. If not tolerable, drop back to the last dose and stay there for a couple more days and then try again to increase the dose.

Common side effects: nausea, dizziness, fatigue, headache, insomnia.

Adjuvant Treatments: most commonly for nausea, sleep disturbance and anxiety.

| Name | Dose | When to take | Comments |
|--|----------|--------------------|-------------------------|
| Prochlorperazine 5mg tablet (Stemetil) | 1-2 tabs | 6 hourly as needed | For nausea or dizziness |
| Mirtazapine | 15-30mg | Bedtime | For sleep |
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Comments

Next Appointment _____