Te Whatu Ora
Health New Zealand
Waitaha Canterbury

CLONIDINE (tablet)

klon-ih-deen

What does it do?

Clonidine is used to treat high blood pressure, severe pain, and sometimes other conditions.

Before you start

- Tell your doctor if you have heart or kidney problems, diabetes, or depression.
- Tell your doctor if you are pregnant, planning to become pregnant, or breastfeeding.

How should you take it?

Take *clonidine* tablets regularly as directed with a glass of water.

What if you forget a dose?

Take the missed dose as soon as you remember. If it is close to the time for your next dose, skip the missed dose and carry on as normal. Do not take two doses at the same time.

Can you take other medicines?

Some medicines available without a prescription may react with *clonidine* including:

- anti-inflammatories, such as diclofenac (e.g. Voltaren®), ibuprofen (e.g. Nurofen®), or aspirin (e.g. Disprin®, in doses used for pain relief). These can also be found in some cold and flu medicines (e.g. Nurofen Cold and Flu®).

Tell your pharmacist or doctor about all medicines or treatments that you may be taking, including vitamins, herbal products or recreational drugs.

What side effects might you notice?

Side Effects	Recommended action
Slow heartbeat	Tell your doctor immediately
Drowsiness, dizziness, tiredness or weakness, headache Dry mouth, nausea, vomiting, constipation Low mood Changes in sexual function Joint, muscle or bone aches and pains	Tell your doctor if troublesome
Lightheaded or dizzy after standing up	Stand up slowly. If it continues, or is severe, tell your doctor

If you notice any other effects, discuss them with your doctor or pharmacist.

Other information:

- Do not stop taking *clonidine* without talking to your doctor as this may cause a sudden increase in your blood pressure.
- *Clonidine* can impair your ability to do tasks such as driving or using machines. Alcohol makes this worse. Discuss your risk with your health professional. (search NZTA - Are you safe to drive?)