Clonidine for Menopausal Symptoms
Patient Information

Why have you been prescribed Clonidine?

Clonidine is a medication that lowers high blood pressure. It is also used to prevent and relieve symptoms of menopausal flushing.

Before you take Clonidine

It is advisable to tell your doctor if you are taking:

- Other medicines for high blood pressure
- Medications for heart problems
- Alcohol
- Medications for depression or mood swings
- Medications for pain or swelling

How to take Clonidine

The usual starting dose is 25 micrograms twice a day. This can be increased to 50 - 75 micrograms twice a day over two weeks if necessary. It is advisable to take Clonidine at the same time each day. If you miss a dose take it as soon as you remember, however if it is almost time for your next dose, take only your usual dose at that time.

Side effects

You may feel dizzy on standing when you first start taking Clonidine or when you increase the dose. Get up gradually from sitting or lying down to minimize this effect. If you do become dizzy, sit or lie down until you feel better. This problem usually goes away after the first few days

Other common side effects are:

- Dryness of the mouth
- Headache, constipation, fatigue

How to stop taking Clonidine

Clonidine should be gradually reduced over seven days to prevent a sudden increase in your blood pressure.

If you experience any side effects from reducing the treatment please see your GP or contact the MSAC Clinic on (08) 9340 1355 or (08) 9340 2222 pager 3358 (Monday, Tuesday and Wednesday only).