



Southport and  
Ormskirk Hospital  
NHS Trust

# **PATIENT INFORMATION**

## **Baclofen**



Baclofen is a stereoselective gamma-aminobutyric acidB (GABAB) receptor agonist with an approved indication to control spasticity. However, in recent years, baclofen has been used successfully to reduce craving and help maintain abstinence in previously alcohol dependent patients. It is an evidenced based medication for using off license in alcohol cravings/compulsions

Unwanted effects occur mainly at the start of treatment, usually if the dosage is raised too rapidly. They are often temporary and can be relieved or stopped by reducing the dosage; they are seldom severe enough to necessitate withdrawal of the medication.

You are taking this medicine to reduce craving for alcohol.

If you drink alcohol there is an increased risk of side effects, or mild side effects may become worse.

## **Possible Side Effects**

Like all medicines, Baclofen tablets can cause side-effects, although not everybody gets them.

Tell your doctor/nurse if you notice any of the following side effects or notice any other effects not listed:

- Allergic reaction: skin rashes
- Nervous system: sedation during the day, drowsiness, confusion, depression, insomnia, light-headedness, euphoria (extreme sense of well being), hallucinations
- Nightmares, headache, dizziness, exhaustion, unusual tiredness or weakness, 'pins and needles', fits

- Stomach: feeling or being sick, retching, constipation, diarrhoea, dry mouth
- Muscles: muscle pain or weakness, lack of muscle control or muscle tension, tremor, irregular and jerky movements
- Other: excessive sweating, shallow heartbeat, visual disturbances, low blood pressure, frequent or painful passing of urine, bed wetting, difficulty breathing, low body temperature

### **If you stop taking Baclofen tablets**

***Do not stop taking your medicine without telling your doctor/nurse*** as it is best to gradually reduce the number of tablets you take before stopping them completely. If you stop taking Baclofen tablets suddenly, you may experience unpleasant side effects including anxiety, confusion, hallucinations, convulsions, unusual behaviour, and fast heartbeat.

### **If you forget to take Baclofen tablets**

Do not take a double dose to make up for a forgotten dose. If you forget to take a dose take it as soon as you remember it and then take the next dose at the right time.

### **If you take more Baclofen tablets than you should**

If you (or someone else) swallow a lot of tablets at the same time, or you think a child may have swallowed any, contact your nearest hospital casualty department or tell your doctor immediately.

**Signs of an overdose** include drowsiness, breathing difficulties, changes in consciousness or coma. Also muscle weakness or spasm, confusion, hallucinations, agitation, fits, low blood pressure, slow heartbeat, feeling or being sick, diarrhoea, excessive saliva production, reflex problems.

**During your contact with us, it is important that you are happy with your care and treatment. Please speak to a member of staff and/or the ward/department Sister/Charge Nurse if you have questions or concerns.**

## **MATRON**

A Matron is also available during the hours of 9am to 5pm Monday to Friday. During these periods, ward/department staff can contact Matron to arrange to meet with you. Out of hours, a Senior Nurse can be contacted via the ward/department to deal with any concerns you may have.

## **INFECTION CONTROL REQUEST**

Preventing infections is a crucial part of our patients' care. To ensure that our standards remain high our staff have regular infection prevention and control training and their practice is monitored in the workplace. We ask patients and visitors to assist us in preventing infections by cleaning their hands at regular intervals and informing staff of areas within the hospital that appear soiled.

As a patient there may be times that you are unsure whether a staff member has cleaned their hands; if in doubt please ask the staff member and they will be only too happy to put your mind at ease by cleaning their hands so that you can see them.

## **SPECIAL INSTRUCTIONS**

Don't stop baclofen suddenly, reduce by one tablet daily until stopped.

## **CONTACT INFORMATION IF YOU ARE WORRIED ABOUT YOUR CONDITION**

### **HALT contact details:**

01704 705277

Monday-Friday 8am-8pm

Saturday & Sunday 8am-4pm

## **OTHER USEFUL TELEPHONE NUMBERS/CONTACTS:**

NHS111

CGL - Sefton – 0151 203 9755

Inspire – 0808 169 8673

**Please call 01704 704714 if you need  
this leaflet in an alternative format**

**Southport and Ormskirk Hospital NHS Trust**

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Wigan Road, Ormskirk, L39 2AZ  
Tel: (01695) 577111

Southport & Formby District General Hospital  
Town Lane, Kew, Southport, PR8 6PN  
Tel: (01704) 547471

**FOR APPOINTMENTS**

Telephone (01695) 656680  
Email [soh-tr.appointments@nhs.net](mailto:soh-tr.appointments@nhs.net)

Please remember to complete the **attached** *Friends and Family Test*.

Alternatively, you can complete the *Friends and Family Test* on-line by going to:

[southportandormskirk.nhs.uk/FFT](https://southportandormskirk.nhs.uk/FFT)

**Thank you**

Author: Mandy Smith  
Ref: 16/16  
Version: 3  
Reviewed: May 2022  
Next Review: May 2025