

Information For the User

Baclofen (20mg)

# Bacloable 20 Tablet

## Baclofen (20 mg) Tablet: Product Information

**Brand Name:** Baclofen 20 mg Tablet

**Generic Name:** Baclofen

**Strength:** 20 mg per tablet

**Dosage Form:** Oral Tablet

---

## Indications:

Baclofen 20 mg tablet is a **muscle relaxant** primarily used for the treatment of muscle spasticity and related conditions. It is indicated for:

### 1. Muscle Spasticity:

- **Spasticity** resulting from **neurological disorders** such as **multiple sclerosis, spinal cord injuries, spinal diseases, or cerebral palsy**.
- Used to reduce muscle stiffness, improve motor function, and alleviate discomfort due to muscle spasms.

### 2. Spinal Cord Injury:

- **Muscle spasm** and **pain** related to **spinal cord injuries**.

### 3. Cerebral Palsy:

- To treat **spasticity** and related symptoms associated with **cerebral palsy**.
- 

## Mechanism of Action:

Baclofen is a **GABA-B receptor agonist** that acts centrally in the **spinal cord** and the **central nervous system (CNS)**. It inhibits the release of **excitatory neurotransmitters**, which results in **reduced muscle tone** and **spasticity**. Baclofen produces muscle relaxation and reduces spasms without causing significant sedative effects when used at therapeutic doses.

---

## Dosage and Administration:

### Adults:

- **Starting Dose:** For most adults, the initial dose is typically **5 mg**, taken **3 times a day**. The dose can be gradually increased.
- **Maintenance Dose:** The usual maintenance dose ranges from **20 mg to 80 mg per day**, divided into **2-4 doses** throughout the day.
- **Maximum Dose:** The **maximum recommended daily dose** is generally **80 mg/day** in divided doses, but this may vary depending on the patient's response and tolerance.
- **Titration:** Dose adjustments are usually made in increments of **5 mg to 10 mg** every 3-7 days, as tolerated.

### Pediatric Use:

- Baclofen may be prescribed for children with **spasticity**. The dose is generally adjusted based on body weight and age, starting at around **0.3 mg/kg/day**, divided into smaller doses.

### Administration:

- **Take Baclofen 20 mg tablet** with or without food.
  - Swallow the tablet **whole** with a glass of water.
  - It is important to follow the prescribed dosing schedule and not to abruptly stop taking the medication without consulting a healthcare provider.
- 

## Contraindications:

Baclofen is contraindicated in patients who have:

- **Hypersensitivity** (allergy) to baclofen or any of its components.
  - **Severe renal impairment** or kidney disease, as Baclofen is excreted through the kidneys.
  - **Active peptic ulcer disease** or a history of significant gastrointestinal bleeding.
- 

## Warnings and Precautions:

- **CNS Depression:** Baclofen may cause **drowsiness, dizziness, or sedation**. Use caution when performing tasks that require full alertness, such as driving or operating heavy machinery.
- **Withdrawal Symptoms:** Discontinuing Baclofen abruptly or reducing the dose too quickly may lead to **withdrawal symptoms**, such as **seizures, hallucinations, agitation, and increased spasticity**. Gradual tapering is recommended when discontinuing Baclofen.
- **Renal Impairment:** Use Baclofen with caution in patients with **renal insufficiency** or those undergoing **dialysis** due to decreased clearance of the drug.
- **Hypotension:** Baclofen may lower **blood pressure**, particularly in elderly patients or those receiving antihypertensive medications.

## Side Effects:

### Common side effects:

- **Drowsiness**, dizziness, or fatigue.
- **Weakness** or muscle fatigue.
- **Nausea** or upset stomach.
- **Headache**.

### Serious but rare side effects:

- **Severe CNS depression:** Excessive drowsiness, confusion, or respiratory depression.
- **Seizures or hallucinations** (especially upon abrupt discontinuation).
- **Gastrointestinal symptoms:** Abdominal discomfort, constipation, or diarrhea.
- **Skin reactions:** Rash, hives, or itching (signs of an allergic reaction).

If any serious side effects occur, such as seizures, difficulty breathing, or chest pain, seek immediate medical attention.

## Drug Interactions:

- **CNS Depressants:** Baclofen may enhance the effects of other **CNS depressants** (e.g., **alcohol, benzodiazepines, sedatives, opioids**), leading to excessive sedation or respiratory depression. Caution is advised when used together.
- **Antihypertensive Medications:** Baclofen can lower blood pressure, and when taken with other antihypertensive drugs, the blood pressure-lowering

effect may be enhanced, increasing the risk of hypotension.

- **Diuretics:** Diuretics may cause **electrolyte imbalances** that can affect Baclofen's effectiveness and safety.
- **Lithium:** Baclofen may increase the risk of **lithium toxicity**. Close monitoring of **lithium levels** is advised if both drugs are used together.
- **Antacids:** Antacids containing **magnesium or aluminum** may decrease Baclofen absorption. It is recommended to separate Baclofen and antacid doses by **2 hours**.

## Storage:

- Store Baclofen 20 mg tablets at **room temperature** (15°C to 30°C / 59°F to 86°F).
- Keep the tablets in a **tightly closed container**, away from light, moisture, and excessive heat.
- Keep out of reach of children.

## Patient Counseling Information:

- **Take as prescribed:** Ensure that you follow your healthcare provider's instructions regarding the correct dosage and frequency of Baclofen.
- **Gradual dose reduction:** If you need to stop taking Baclofen, consult your healthcare provider for a tapering schedule to avoid withdrawal symptoms.
- **Monitor side effects:** If you experience **severe side effects** like seizures, confusion, or persistent weakness, seek immediate medical attention.

This overview for **Baclofen (20 mg) tablet** provides essential information on its use, dosage, safety precautions, and potential side effects. Always consult your healthcare provider before starting or adjusting any medication.

Manufactured in India for:

**Cafoli**<sup>TM</sup>  
L I F E C A R E

Cafoli Lifecare Pvt. Ltd.

(An ISO 9001: 2015 Certified Co.)

Plot no.: 367-FF, Industrial Area Phase-I,

Panchkula-134113

TM: Trademark Applied for