

## Appendix 7: Lofexidine regimen

Before commencing a patient on lofexidine, it is advisable to obtain a baseline blood pressure (BP) reading and pulse (P); then measure the BP and P prior to administration of medication. Lofexidine should be discontinued if the blood pressure drops significantly i.e. if diastolic falls below 60 and pulse rate fall below 55 beats per minute - see [Appendix 8](#) for contact details of community drugs service.

### Procedure for induction of lofexidine

DAY 1	DAY 2	DAY 3 - 6	DAY 7
<ul style="list-style-type: none"> <li>● All opioids stopped, record withdrawal symptoms using COWS – <a href="#">Appendix 1</a></li> <li>● Check BP/Pulse</li> <li>● Commence lofexidine regime as shown below</li> <li>● Check BP/Pulse 30 minutes post dose</li> <li>● If BP/Pulse stable continue lofexidine 0.2 mg four times a day</li> <li>● If diastolic BP falls below 60, pulse rate falls below 55 beats per minute or if client develops physical symptoms e.g. dizziness or fainting then omit the next lofexidine dose and seek medical advice.</li> </ul>	<ul style="list-style-type: none"> <li>● Chart withdrawal symptoms</li> <li>● Check BP/Pulse</li> <li>● Lofexidine as per regime</li> <li>● Symptomatic treatment as required</li> </ul>	As day 2	<ul style="list-style-type: none"> <li>● No further medication unless objective withdrawals present. If observed 0.2 mgs four times a day</li> <li>● May be considered with a reduction of 1 tablet daily.</li> </ul>

### Lofexidine regime

Time / Day	08.00	14.00	18.00	22.00	TOTAL TABLETS (200 micrograms)
DAY 1	2	2	2	2	8
DAY 2	3	2	2	3	10
DAY 3	3	3	3	3	12
DAY 4	3	3	3	3	12
DAY 5	3	2	2	3	10
DAY 6	2	2	2	2	8
DAY 7	0	0	0	0	0

Additional short-term medication for symptoms such as stomach cramps and diarrhoea may be required. Withdrawal symptoms can be monitored using the Clinical Opiate Withdrawal Scale (COWS) as detailed in [Appendix 1](#), which provides a comparison over time.