

Medication Information Sheet



Metaxolone

brands: Skelaxin®

Medications are only ONE part of a successful treatment plan. They are appropriate when they provide benefit, improve function and have either no or mild, manageable side effects. Importantly, medications (even if natural) are chemical substances not expected in the body, and as such have side effects. Some of the side effects might be unknown. The use of medications/drugs for any purpose requires patient consent. This practice does NOT require a patient to use any medication.

Information & potential benefits

Skelaxin is a unique muscle relaxing medication with an uncertain mechanism of action. This medication has a relatively short duration of action and therefore can be taken several times per day. This is both a plus and a minus: On the good side, this medication can be taken as needed, whenever muscle spasms occur. If there are no spasms, the patient does not need to take the medication. On the bad side, this medication is relatively short acting and therefore one dose would not typically provide benefit for an extended period of time, such as overnight while sleeping.

Potential risks and side effects

Skelaxin (like most other medications) is eliminated by the kidneys and liver, it should not be used in patients with significant kidney or liver dysfunction. In addition to the standard side effects, other side effects of Skelaxin include sleepiness, nausea, rash, itching, anemia, and jaundice. Overdose of Skelaxin can be fatal. An interesting thing about Skelaxin is that it can cause more sleepiness if it is taken with food. Please don't forget that any medication that can cause sleepiness could impair performance and skills (such as driving or operating machinery). And, if a patient takes more than one medication that could cause sleepiness, the amount of sleepiness could be greatly increased. Skelaxin may work as a muscle relaxer.

Dosing information

Unlike some other medications, Skelaxin can be used on an as needed basis, with the standard dosing being one 800mg tablet three or four times daily. We suggest starting with less medication just to determine safety and tolerability. Also, the tablets are very large and may be difficult for some patients to swallow. We suggest ½ tablet initially, with a gradual increase to the standard one tablet 3-4 times per day as needed. Patients should always use the lowest effective dose. There is no need to increase to the next higher dose if the current dose is helpful. Also, patients should NOT increase to the next higher dose if the present dose is not tolerated.

Important information

Disclaimer: This is for informational purposes only. This does not replace the instructions you received from your provider, does not constitute initiation of medical treatment or establishment of a patient-physician relationship, does not constitute any form of recommendation, prescription or medical advice, and does not imply that the medication is appropriate or FDA approved for any condition. This information is not a complete listing of instructions, doses, uses or side effects. If this was prescribed to you, you must review this information with your pharmacist and prescriber before starting the medication. Any medication may interfere with the ability to drive, concentrate or operate machinery; patients must be responsible for their own behavior and should not engage in any dangerous activity if there is any question of impairment. All medications have side effects and drug interactions, some serious, some fatal. Let all of your practitioners and pharmacists know about every substance used. Alcohol, herbals or illegal drugs are not considered safe with these medications. Assume no medication is safe during pregnancy or while breast feeding. The medication may interfere with birth control. Almost any medication can cause sleepiness, insomnia, dizziness, confusion, hallucinations, anxiety, panic, constipation or diarrhea, headache, chest pain and nausea or vomiting, among others. Most medications should NOT be stopped suddenly because of the risk of withdrawal.