

Information regarding use of clonidine patches in children and young people

Information for patients



Catapressan TTS patches (2.5mg, 5mg) - how to apply my new patch

Your doctor has prescribed you/your child Catapressan patches. It is essential you read the following information leaflet before applying your patch/patches.

What is a Catapressan patch?

Catapressan patches contain the medication Clonidine. The patch delivers a measured and constant dose of Clonidine as it is absorbed through the skin over 7 days.

Why does my child need a Catapressan patch?

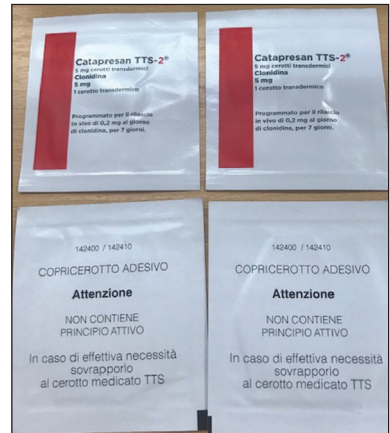
We use Catapressan to treat dystonia and the pain dystonia causes in children. Dystonia is involuntary and fluctuating contractions of muscles. These can be very painful and interfere with function/sleep. Left untreated, prolonged episodes can result in ***status dystonicus*** which is a medical emergency. It is therefore important we treat dystonia to avoid pain, improve function and prevent admission to hospital.

Catapressan is used to treat other conditions in adults and is unlicensed in children (which is the case for many medications we use for children), but there is enough evidence of use in children to suggest it is both safe and effective.

How to start a patch (when not already on oral Clonidine)

Catapressan patches are labelled in Italian. Each box contains **two medication patches** and **two cover patches**. The cover patches are marked 'Attenzione'.

If you are applying a whole medication patch, you may not need the cover patch.



If you have been advised to start with less than one full patch you will need to use the cover patch to ensure the correct dose is given (more details on pages 6-9).

The medication patches come in two different strengths 2.5mg (TTS-1) and 5mg (TTS-2).

Choose an appropriate area to apply the patch

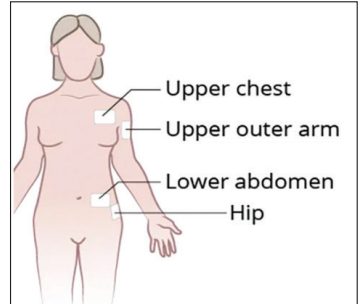
A hairless area is best eg. outer part of the arm or upper part of the chest

The selected area must not have any cuts, rashes or scars

Make sure the area is clean and completely dry before applying the patch.

The cover patches do not contain any medication

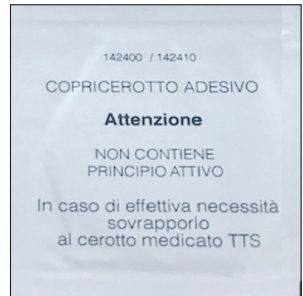
If you have been told to apply one whole patch, the cover patch is not essential, but it can be stuck over the medication patch to keep it in place.



Please read your individual instructions about your starting dose carefully and if you have been told to use less than one whole patch, follow the instructions on the following pages as appropriate.

Using one quarter of a clonidine patch

Remove the cover patch from the white packet labelled 'Attenzione'.

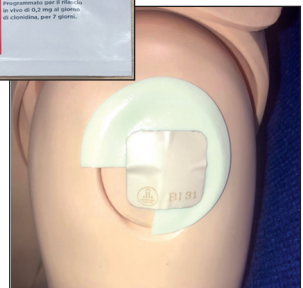


Cut one quarter of the cover patch away and **apply the remaining three quarters to clean dry skin on the upper arm.**



Remove the medication patch from the white packet with the red strip.

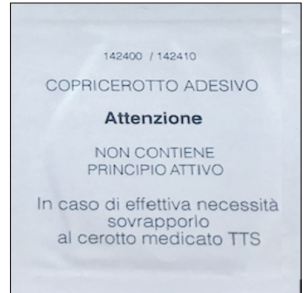
Apply the medication patch over the top of the cover patch so that only one quarter of the medication patch is exposed to the skin.



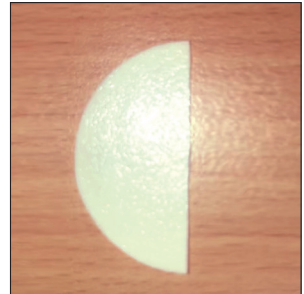
Either continue doing the same every seven days or increase dose as instructed by your doctor.

Using one half of a Catapresan patch

Remove the cover patch from the white packet labelled 'Attenzione'.



Cut one half of the cover patch away and **apply the remaining half to clean dry skin** on the upper arm.



Remove the medication patch from the white packet with the red strip.

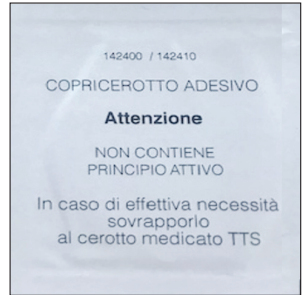
Apply the medication patch over the top of the cover patch so that only one half of the medication patch is exposed to the skin.



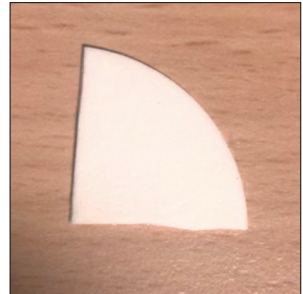
Either continue doing the same every seven days or increase dose as instructed by your doctor.

Using three quarters of Catapresan patch

Remove the cover patch from the white packet labelled 'Attenzione'.



Cut three quarters of the cover patch away and **apply the remaining quarter to clean dry skin on the upper arm.**



Remove the medication patch from the white packet with the red strip.

Apply the medication patch over the top of the cover patch so that three quarters of the medication patch is exposed to the skin.



Either continue doing the same every seven days or increase dose as instructed by your doctor.

Using one whole patch

Remove one medication patch from the packet with the red strip.

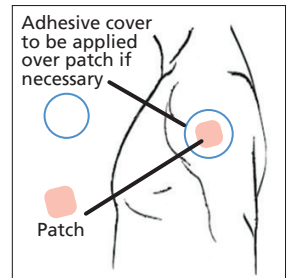


Apply to clean, dry skin of upper arm and leave for seven days before changing.



If the medication patch becomes loose, use the cover patch (labelled 'Attenzione') over the top to secure it in place.

The cover patch does not contain any medication.



Other important information

- Unless told otherwise, you should change your patch every seven days. Make sure you use alternate arms each week
- If you are having an MRI scan, the patch must be removed for the scan and reapplied straight away afterwards. If it is left on during an MRI scan it may cause a small burn to the skin
- It is very important that you do not run out of patches. **You must contact Lynsey Kite to inform her when you have no less than one month's supply (four medication patches) left.**

Tel: 0113 392 6903 Email: lynsey.kite@nhs.net

Suddenly stopping treatment could result in severe symptoms/withdrawal that may require hospital treatment.



What did you think of your care?

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Your views matter

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Produced by: Medical Illustration Services • MID code: 20220616_002/NR

LN005291

Publication date
07/2022

Review date
07/2024