

Midodrine (Vasodrine) Usage Guide for Dysautonomia

General Information

- Available as 2.5mg, 5mg, and 10mg tablets.
- Mechanism: Alpha1 sympathetic agonist that causes blood vessel constriction.
- Effect typically lasts about 3.5 hours (may vary).

Dosage Protocol

Start with 2.5mg per dose for a few days, then increase as tolerated and required.

Example dosing schedule:

Days	Dose ever few hours as required
1–3	2.5mg
4–6	5mg
7–9	7.5mg
10+	10mg

Notes:

- Increase dose gradually based on individual response and tolerance.
- Some patients may benefit from doses as high as 15mg up to 4 times a day (in severe cases, under careful medical supervision).
- Subsequent doses in a day may be effective at half the initial dose.

Timing Considerations

- First dose: Take upon waking, before getting out of bed.
 - Keep medication and water by bedside.
 - Wait 15–20 minutes after taking for it to take effect before getting up.
- Subsequent doses: Take as needed, typically every 3–3.5 hours.
- Some may only need it before exercise or prolonged upright periods.

Side Effects

Common side effects to watch for:

- Hairs standing on end.
- Tingling scalp and/or neck.
- Rarely: headache.

Note: Comes with a warning not to lie down for some hours after taking. This is primarily a concern for people with Parkinson's disease and is less relevant for typical younger Dysautonomia patients without this condition.

Contraindications

- Severe organic heart disease.
- Acute renal disease.
- Urinary retention.

- Pheochromocytoma.
- Thyrotoxicosis.

Special Populations

- Use during pregnancy and breastfeeding should be discussed with a healthcare provider.
- Caution in elderly patients due to increased risk of supine hypertension.

Important Considerations

- **Individual Response:** Effects and optimal dosage may vary significantly between individuals.
- **Gradual Increase:** Start low and increase dose slowly as needed.
- **Flexible Dosing:** Can be used as needed or on a regular schedule depending on symptoms.
- **Onset of Action:** Effects usually felt about 15–20 minutes after taking.
- **Duration:** Effects typically last 3–3.5 hours.

For Medical Practitioners

- Encourage patients to find their optimal dose through careful titration.
- Be aware of the wide range of effective doses (1.25mg to 15mg per dose).
- Monitor for side effects and adjust dosage accordingly.
- Consider this medication particularly effective for orthostatic hypotension in Dysautonomia.
- Educate patients on the importance of timing doses throughout the day.
- For severe cases, doses up to 15mg 4 times daily may be considered with close monitoring.

Remember: Individualise treatment based on patient response and always prioritise patient safety.