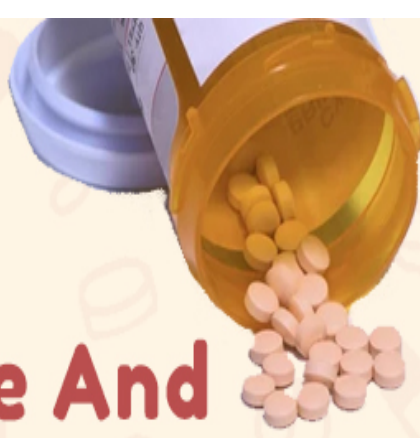


Managing The Side Effects Of Cyclobenzaprine And Alternative Remedies



Managing The Side Effects



Take medicine with milk or food to combat stomach upset.



Change positions slowly to manage dizziness.



Chew on some sugar-free gums to cope with dry mouth.



Maintain adequate fiber and fluid in your diet to prevent constipation.

Alternative Remedies



Ensure to take adequate rest.



Use a warm compress over the affected area.



Get a massage from a professional.



Consult the doctor about physical therapy.

Reference:

1. Skeletal muscle relaxants: Nursing Pharmacology; OSMOSIS from Elsevier; Osmosis