

Mestinon (Pyridostigmine Bromide) Trial Notes

2/2/2023

The first day (right after our appointment) I took **3x 30mg** doses with 3-4 hours in between. With all three doses, felt suddenly energetic after only 10 minutes, eyes actually felt open, light sensitivity and arm weakness subsided, shaking and “vibrating” sensation also seemed to subside. Then **at 30 minutes I got blurred vision and the sudden overwhelming urge to sleep** and fell into what I perceived to be a deep sleep for 2-3 hours each time before waking up to a serious back muscle twitch. The 3rd dose caused a strange **“ear thunking”, pin prickling sensation everywhere, and like “energy collecting” in one spot in spine which eventually twitched so violently in my sleep** it caused some sort of weird back injury? that took a few days to get better. Symptoms overall seemed much worse than normal the next couple days after, but I have no idea if it was from the Mestinon or simply from leaving my house that day?

2/8/2023

I waited 6 days then tried cutting in half to **15mg**. Same results, actually feeling better initially, energetic, stronger and less shaking from 10 - 30 minutes in, then suddenly feeling **dizzy, double vision, and very sleepy 30 minutes in**. I was able to get a video ([see video](#)) this time of my eyes, about 60 minutes in, of my **left eye independently “looking around”**. Also **muscle tightness/crawling/twitching all around the spine, “energy collecting”, and pin prickling everywhere**. Then the effects all seemed to go away around 3 hours. Got very tired that afternoon, then ~12 hours after the dose had **shortness of breath and difficulty swallowing** that seemed much worse than normal. Again, I’m not sure if the worsening symptoms was some effect of the Mestinon wearing off or just a coincidence?

2/9/2023

Waited a day then tried cutting it in half again, **7.5mg**, still got some improvement in droopy eyelids ([see photo](#)), light sensitivity, hand and arm weakness. But also got **drowsy, blurred vision, and dizziness, muscles around spine crawling/twitching/“energy collecting”**. Everything more mild this time, so it seems to be dose dependent. Except the **pin prickling** which still seemed in full prickle (not sure if allergic reaction or something? but no rash or anything.)

2/11/2023

Tried one more time and cut it in half yet again, basically was a little crumble at this point (~**3mg?**). Even at such a small dose there was a small improvement in drooping eyelids, arm and hand strength, and light sensitivity. But again got **pinpricks, and mild blurred vision, dizziness, twitching, weird “ear acoustics”, and seemed like swallowing and breathing got worse later**.

For several days after discontinuing use

The day after and lasting for several more days after use, developed significant **difficulty swallowing, shortness of breath,** and **torso weakness,** feeling weak after sitting up for 15-30 min at a time and needing to lay down or recline in a recliner. After several days, the increase in symptoms returned to its typical level.

Links:

- [Double vision, left eye movements 15mg](#)
- [Improved ptosis, before & after 7.5mg](#)
- [Timelines / paper notes of 15mg, 7.5mg, ~3mg](#)