

Information for Patients about
Pregabalin



Pregabalin is a medicine which is used to treat certain types of pain, anxiety disorders and to treat epilepsy. You are on this medicine to treat your pain.

Dosage

Take only as directed. The dosage may change as you usually start at a low dose which we slowly increase to find the best dose for you. (Please see the section on increasing the dose). You may take Pregabalin with or without food.

Administration

- It may take as little as a few days before you feel any pain relief, but it can take longer. It may take time to get to the right dose for you and to allow the medicine to build up in your body.
- If you are female and plan to have children, you must tell your GP before starting this medication. Women of childbearing age must use effective contraception.

Possible Side Effects

- The most common side effects are dizziness and tiredness. If you experience tiredness or dizziness do not drive or operate machinery. You must tell the DVLA if you are on any medicines which affect your driving.
- The combination of Pregabalin with alcohol can cause significant drowsiness. We advise you not to drink when you first take this medication, and whilst increasing the dose. Once you are on a stable dose, you may drink alcohol if the drowsiness has stopped.
- Less common side effects are diarrhoea, dry mouth, swelling, weight gain, memory loss, abnormal thinking, and rash.
- Uncommon side effects include, muscle weakness or pain, constipation, flatulence, nausea, confusion, decreased sensitivity to touch.



Usually these side effects will pass but if they do not or you find them troublesome, or you experience any unusual effects you should discuss this with your GP, Community Pharmacist or NHS 24 on 08454 24 24 24, especially if you feel that you are not able to walk as normal, are forgetful, confused, or experience visual disturbance or nausea.

Increasing Pregabalin

The dosage regimen below is a guide on how to increase your medicine. You may increase it more slowly if you feel you are getting side effects, or you can stay at a lower dose if you are getting good pain relief (you don't have to keep increasing the dose if you do not need to). However do not increase your dose faster than the recommended increase below.

	AM	PM
Week 1	75mg	75mg
Week 2	150mg	150mg
Week 3	225mg	225mg
Week 4	300mg	300mg

- If you experience side effects do not continue to increase the dose. Continue at your previous dose for one week and then try to increase the dose again.
- If you experience any side effects whilst increasing Pregabalin please reduce the dose back to your previous dose.
- If you continue to experience side effects that you are unable to tolerate then you should visit your GP and discuss increasing your medication using the table below:

Slower dose increases for Pregabalin

	AM	PM
Week 1	No medicine	75mg
Week 2	75mg	75mg
Week 3	75mg	150mg
Week 4	150mg	150mg

Stopping Medication

If your GP, Community Pharmacist or NHS 24 decide that you should stop taking Pregabalin, do not suddenly stop taking Pregabalin, unless advised to do so. You should lower the dose by 75mg every 3 days. Below is an example of how to reduce the dose if you were on 150mg twice a day, but you should always contact your GP for directions.

	Morning	Night
Day 1-3	75mg	150mg
Day 4-6	75mg	75mg
Day 7-10	No medicine	75mg
Day 11	Stop	



Remember!

- Don't run out of medicine.
- Ask for a repeat prescription before your medication is finished.
- If you have any questions about this medicine please contact your GP, Community Pharmacist or NHS 24.

This leaflet is a summary of some information. However, you should still always read the manufacturers information which comes with your medication.