



Central Manchester  
Clinical Commissioning Group

# **Pregabalin **slow dose increase**** **(for patients sensitive to medicines** **and/or with other health conditions)**

## **Patient Information** **Leaflet**

### **Patient information**

The information in this leaflet is to guide your use of pregabalin safely. Further information is available inside the medication packaging. Some medicines used to treat pain symptoms are used for other health reasons. For example though Pregabalin is used to treat epilepsy it is being prescribed for your pain. Your doctor, nurse or community pharmacist will explain the reason why you are taking your medicine and what to expect.

### **What is pregabalin for?**

- Pregabalin is a medicine which may help improve your pain control. It is especially good for nerve pain, for example shooting or burning pains.
- Pregabalin is also used to treat epilepsy and anxiety, but you have been prescribed it to improve pain control.

### **How should I take pregabalin?**

- Please take pregabalin as per the chart on the other side of this leaflet. Do not stop taking this medication without advice from your GP.
- Once your pain has improved to an acceptable level, continue to take pregabalin at the dose you have reached.
- Pregabalin can be taken with or without food.
- Swallow the capsules with a drink of water.

### Are there any side effects?

- All medicines can sometimes cause side effects. If you are worried, you can talk to your doctor, nurse or pharmacist.
- The most common side effects of this medicine are dry mouth, constipation dizziness, and drowsiness. A small number of people may feel sick or have diarrhoea. Some people may gain weight. Most of these side effects will improve after several days, so it is worth carrying on with the pregabalin.

### How to manage side effects

- Dry mouth- Drink more non-alcoholic drinks, such as water chewing also increases saliva in the mouth.
- Constipation- Drink more non-alcoholic drinks, eat plenty of fibre containing foods and fruit and vegetables.
- Please see your pharmacist or GP if problems continue.

A common side effect of this drug is drowsiness. If you are drowsy you must not drive or operate machinery.

**Drinking alcohol may make you more drowsy.** Restrict your alcohol intake to 1-2 units per day (1unit= ½ pint beer or lager a small glass of wine or a measure of spirit). You may wish to discuss this with a healthcare professional.

### How long will I take pregabalin for?

You will probably need to take this medicine for as long as you have the pain.

Other treatments or pain killers may also help your pain and the dose of pregabalin may need to be reduced.

**Please do not stop pregabalin suddenly.** It needs to be reduced gradually **over at least one week.** Please discuss with your doctor before stopping.

### Storage instructions

As with all medicines, keep them in a safe place away from children.

### Starting dose

Follow these instructions when first starting pregabalin  
Slowly increasing the dose should lead to fewer side effects.

If have any problems at any time, drop back to the previous dose.

**If your pain is controlled stay on the same level. Your doctor will give you capsules of the right strength.**

Slow Dose Increase using 25mg capsules

week	breakfast	supper
ONE	ONE (25MG)	TWO (50MG)
TWO	TWO (50MG)	TWO (50MG)
THREE	TWO (50MG)	THREE (75MG)
FOUR	THREE (75MG)	THREE (75MG)
FIVE	(100MG)	(100MG)
Further dose adjustments will be advised by your doctor		

Make sure you have enough medication especially coming up to weekends or holidays

**Should you wish to ask any further questions about your medication please ask the Doctor, Nurse or Community Pharmacist**

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Acknowledgement

A McConnell, Pharmacist, Calderdale + Huddersfield NHS Foundation Trust