

Nortriptyline

An information guide



Nortriptyline

Why have I been prescribed Nortriptyline?

Nortriptyline is used to treat many types of persistent pain.

It is especially good for nerve pain, such as burning, shooting or stabbing pain, and for pain that keeps you awake at night.

Nortriptyline belongs to the group of medicines called tricyclic antidepressants that can also be used to treat depression.

The dose of nortriptyline needed for pain relief is often lower than when prescribed for depression.

You may notice that information from the manufacturer does not mention pain. However, nortriptyline has been used to treat pain for many years. For more information please read *'Use of medicines outside of their UK marketing authorisation in pain management and palliative medicine – information for patients'* by the British Pain Society.

How does Nortriptyline work?

Nortriptyline works by changing the amount of specific nerve transmitters in the nervous system, reducing pain messages arriving in the brain.

When should I take it?

It is best to take nortriptyline in the evening.

Start by taking it 2 to 3 hours before going to bed, if you find that you feel drowsy the next morning, try taking it earlier in the evening.

How is Nortriptyline taken?

The tablets should be swallowed whole, with a glass of water and may be taken on an empty or full stomach.

You will be told how much to start taking and when to increase the dose. The table at the end of the leaflet will help you remember when to increase the dose.

Do not take more than prescribed.

How long will it take to work?

Every patient is different.

You may notice some initial benefit within 2 weeks, however it may take up to 2 months for a full effect. Your doctor may need to increase the dose to get the maximum effect

Nortriptyline does not work for everyone. If you do not feel any improvement in your pain after 2 months, do not suddenly stop taking the tablets but speak to your doctor.

What are the possible side effects?

Most side effects are mild and it is expected that they tend to reduce after a few doses.

Common side effects include:

- Drowsiness.
- Dizziness.
- Dry mouth.
- Constipation.
- Sweating.

If you have these side effects and they are severe contact your doctor or pharmacist for advice.

Less common side effects include:

- Fainting.
- Trembling.
- Irregular heartbeat.
- Blurred vision .
- Problems urinating (passing water).

If any of these side effects occur contact your doctor or pharmacist for advice.

Can I take this medication long-term?

Yes, if it helps. You may wish to reduce treatment every so often, to check if your pain is still a problem. This should be done with the advice of your GP or pain specialist, gradually reducing your medication over a period of time.

Can I drink alcohol?

Alcohol increases the sedative effects of nortriptyline, it is best not to drink alcohol when you start taking it. Once settled on a steady dose, you may drink alcohol in moderation but it may make you more drowsy than normal.

Can I drive?

Nortriptyline may cause drowsiness. If this happens, **do not** drive.

What should I tell the doctor?

- If you are allergic to any drugs.
- If you are taking any other medicines or herbal medicines.
- If you are pregnant or breastfeeding, or if you are planning to become pregnant in the future.
- If you have had a heart attack recently or have any heart problems.
- If you have a history of epilepsy or fits.
- If you have glaucoma.
- If you have difficulty in passing water.
- If you have thyroid disease.
- If you have or have had a mental health problem.
- If you are taking an antidepressant medicine, especially one called a monoamine oxidase inhibitor (MAOI).

What if I forget or miss a dose?

If you forget a dose then you can consider taking it when you remember that night but this may result in sleepiness the following day and affect your concentration, work or driving ability. The alternative is to wait until the next dose is scheduled.

If you only take one dose at bedtime and you miss the dose, do not take the medicine in the morning. Wait until the next night and skip the missed dose. **Do not** take two doses together.

What if I want to stop taking nortriptyline?

If you stop taking nortriptyline suddenly, you might experience withdrawal symptoms. Speak to your healthcare professional (doctor, nurse, pharmacist) who will be able to supervise a gradual reduction.

This information is not intended to replace your doctor's advice. We advise you to read the manufacturer's information for patients, which will be supplied by your pharmacist when your medicine is dispensed. Keep all medicines away from children, vulnerable adults or pets.

Date	Morning	Lunch	Teatime	Night

Further information:

<https://fpm.ac.uk/about-pain-medicine/patients-and-relatives>

If English is not your first language and you need help, please contact the Interpretation and Translation Service

Jeśli angielski nie jest twoim pierwszym językiem i potrzebujesz pomocy, skontaktuj się z działem tłumaczeń ustnych i pisemnych

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Dacă engleza nu este prima ta limbă și ai nevoie de ajutor, te rugăm să contactezi Serviciul de interpretare și traducere

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For general enquiries please contact the Patient Advice and Liaison Service (PALS) on 0161 604 5897


For enquiries regarding clinic appointments, clinical care and treatment please contact 0161 624 0420 and the Switchboard Operator will put you through to the correct department / service

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