

Pregabalin

An information guide



Pregabalin

Why have I been prescribed Pregabalin?

Pregabalin is used to treat some types of persistent pain.

It is especially good for nerve pain, such as burning, shooting or stabbing pain. Pregabalin belongs to a group of medicines called anticonvulsants which are also used to treat epilepsy. You may notice that information from the manufacturer may not mention your type of pain.

How does Pregabalin work?

Pregabalin works by changing the way that nerves send messages to your brain. If the messages are reduced, then the pain will be reduced.

When should I take it?

Normally, the starting dose is small and may be taken between one and three times a day, but the dose will be gradually increased.

Normally a minimum dose of pregabalin 75mg twice a day is needed to get any benefit and the dose may need to be increased to pregabalin 300mg twice a day.

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

If you are taking antacid medication, it is best to wait for two hours after taking it, before taking Pregabalin.

How is Pregabalin taken?

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

Do not take more than prescribed.

How long will it take to work?

Every patient is different.

You may notice some initial benefit within a few days, however it may take up to 1 month for a full effect. You will need to increase the dose for pregabalin to be effective.

Pregabalin does not work for everyone. If you do not feel any improvement in your pain after 4 to 6 weeks, do not suddenly stop taking the tablets but speak to your doctor to discuss reducing and stopping the medication.

What are the possible side effects?

Most side effects are mild and it is expected that they will reduce after a several days. Generally side effects are more troublesome just after starting taking pregabalin or increasing the dose. It is important to persist in taking pregabalin as these side effects usually wear off.

Common side effects include:

- Drowsiness.
- Dizziness.
- Fatigue.
- Muscle tremor.

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

Less common side effects include:

- Vision disturbances,
- Indigestion.
- Weight gain.
- Leg swelling.
- Memory loss.
- Euphoria.
- Mood changes.
- Hallucinations.
- A rash.

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

Some people develop severe anxiety if they miss a dose and some take more than prescribed to help their symptoms. If you are worried this is happening to you, discuss it with your doctor.

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 pregabalin, 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?

Pregabalin 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 a kidney problem.
- If you have or have had a history of excessive alcohol use, recreational drug use or addiction to prescribed or over-the-counter medication.

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.

However, if it is almost time for your next dose, skip the missed dose and take your medication as normal. **Do not take two doses together.**

What if I want to stop taking Pregabalin?

If you stop taking pregabalin 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

اگر انگریزی آپ کی پہلی زبان نہیں ہے اور آپ کو مدد کی ضرورت ہے تو ، براہ کرم ترجمانی اور ترجمہ خدمت سے رابطہ کریں

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

ইংরাজী যদি আপনার প্রথম ভাষা না হয় এবং আপনার সাহায্যের প্রয়োজন হয় তবে অনুগ্রহ করে দোভাষী এবং অনুবাদ পরিষেবাটিতে যোগাযোগ করুন

إذا لم تكن الإنجليزية هي لغتك الأولى وتحتاج إلى مساعدة ، فيرجى الاتصال بخدمة الترجمة الشفوية والتحريرية

☎ : 0161 627 8770

@ : interpretation@pat.nhs.uk

To improve our care environment for Patients, Visitors and Staff, **Northern Care Alliance NHS Group** is Smoke Free including buildings, grounds & car parks.

For advice on stopping smoking contact the Specialist Stop Smoking Service on 01706 517 522

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

The Northern Care Alliance NHS Group (NCA) is one of the largest NHS organisations in the country, employing 17,000 staff and providing a range of hospital and community healthcare services to around 1 million people across Salford, Oldham, Bury, Rochdale and surrounding areas. Our Care Organisations are responsible for providing our services, delivering safe, high quality and reliable care to the local communities they serve.

The NCA brings together Salford Royal NHS Foundation Trust and the hospitals and community services of The Royal Oldham Hospital, Fairfield General Hospital in Bury, and Rochdale Infirmary (currently part of The Pennine Acute Hospitals NHS Trust).

 www.facebook.com/NorthernCareAllianceNHSGroup

 www.linkedin.com/company/northern-care-alliance-nhs-group

 Northern Care Alliance NHS Group (NCA) @NCAlliance_NHS

Date of publication: November 2020

Date of review: November 2020

Date of next review: November 2022

Ref: PI(DS)780

© The Northern Care Alliance NHS Group

www.pat.nhs.uk

www.northerncarealliance.nhs.uk

