

How to start taking your Gabapentin 100mg

	Dose (number of tablets) Morning	Dose (number of tablets) Lunchtime	Dose (number of tablets) Evening
Step 1	Nil	Nil	1 x 100mg
Step 2	1 x 100mg	Nil	1 x 100mg
Step 3	1 x 100mg	1 x 100mg	1 x 100mg
Step 4	1 x 100mg	1 x 100mg	2 x 100mg
Step 5	2 x 100mg	1 x 100mg	2 x 100mg
Step 6	2 x 100mg	2 x 100mg	2 x 100mg
Step 7	2 x 100mg	2 x 100mg	3 x 100mg
Step 8	3 x 100mg	2 x 100mg	3 x 100mg
Step 9	3 x 100mg	3 x 100mg	3 x 100mg

Each step lasts days

Please ensure you store your
medicines safely.

Gabapentin (100mg)

0-900mg in 100mg steps

Information and Advice for Patients with Chronic Pain

Leaflet adapted with permission from the
Pain Management Service, Great Western
Hospitals NHS Foundation Trust.

Medicines Management, NHS Wiltshire CCG
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What is Gabapentin?

Gabapentin is an anticonvulsant drug. It is used in the treatment of certain long lasting painful neuralgias, that is pain coming from the nerves themselves, and in the treatment of epilepsy.

Why am I being asked to take Gabapentin?

Gabapentin helps to reduce the amount of pain signals coming from damage or abnormally functioning nerves. In this way it can reduce the amount of pain you feel. You may need to take it for several months or more.

How will I know that it is working?

You may have fewer attacks of pain and if you do get attacks they may be less severe and last for a shorter time.

What are the likely side-effects?

All medicines have side-effects. Gabapentin has a number of side-effects that you may feel to some degree.

Some of the more common ones are:

- Tiredness
- Feeling or being sick
- Unsteadiness
- Double vision
- Runny nose
- Headaches
- Less common side-effects include sore throat, aching muscles or weight gain.

What can I do about the side-effects?

Your dose of Gabapentin will be started at a low dose and will build up gradually over days and weeks. Should you have any troublesome side-effects, stay on a low dose for a few more days before starting to build it up again. This reduces the side-effects and makes it possible for you to carry on with the treatment. If you cannot tolerate the side-effects, then see your doctor as you may be able to try a lower dose or a different drug.

What about driving?

Gabapentin will slow your reaction time; especially at the higher dose levels. Our advice is that you should not drive or operate dangerous machinery while you are getting used to it, increasing the dose or at any time if you are drowsy.

Can I drink alcohol?

Yes. But you may find its effects are stronger, so be cautious.

How do I take Gabapentin?

See the table overleaf for how to increase the dose of your gabapentin. Once you have reached step 9 you should continue on this dose until you see your GP. If your pain is significantly improved before you reach step 9, you can stay on that dose.

What do I do if I have problems?

Discuss any problems with your GP or alternatively, your community pharmacist may be able to help.

This leaflet does not contain all the information about Gabapentin. Please read the manufacturer's patient information leaflet enclosed with your medicine.