

How do I take Pregabalin?

The tablets are normally taken twice a day.

	Dose (number of capsules) Morning	Dose (number of capsules) Evening
Step 1	Nil	1 x 75mg
Step 2	1 x 75mg	1 x 75mg
Step 3	1 x 75mg	2 x 75mg
Step 4	2 x 75mg	2 x 75mg
Step 5	2 x 75mg	3 x 75mg
Step 6	3 x 75mg	3 x 75mg
Step 7	3 x 75mg	4 x 75mg
Step 8	4 x 75mg	4 x 75mg

Each step lasts: days

Once you have reached Step 8 you should continue on this dose until you see your GP. Your GP will be able to prescribe 300mg capsules for you to take twice a day if you are to stay on this dose.

Please ensure you store your medicines safely.

This leaflet does not contain all the information about Pregabalin.

Please read the manufacturer's patient information leaflet enclosed with your medicine.

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

Medicines Management, NHS Wiltshire CCG
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Pregabalin

Information and Advice for Patients with Chronic Pain

What is Pregabalin?

Pregabalin 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 Pregabalin?

Pregabalin 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 will have fewer attacks of pain and if you do get attacks they should be less severe and last for a shorter amount of time.

What are the side-effects?

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

Some of the more common side-effects 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 Pregabalin will be started at a low level 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.

What about driving?

Pregabalin will slow your reaction time, especially at the higher dose levels. Our advice is that you should not drive or operate dangerous machinery when you are starting it, increasing the dose or at any time if you feel drowsy.

Can I drink alcohol?

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