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PAIN SPECIALIST

INNER WEST
PAIN CENTRE
www.innerwestpaincentre.com.au

PREGABALIN

DRUG NAME

Generic: Pregabalin
Class of drug: Gabapentinoid
Brands in Australia: Lyrica, Lyzalon, Neuroccord, Prebalin (other generic brands available)

DOSAGE FORM

Available as a 25 mg capsule, 75 mg capsule, 150 mg capsule or 300 mg capsule. Quantity 56.

HOW IT WORKS

Gabapentinoids attach to calcium channels on nerve cells. By doing this, they reduce the "firing" of overactive pain nerves. This makes burning, tingling, or shooting pains less intense. Pregabalin is a newer version and can be a bit more predictable in effect.

Used for **nerve pain (neuropathic pain)**, fibromyalgia, and some types of chronic musculoskeletal pain.
Also prescribed for partial epilepsy and generalised anxiety disorder (but here it is mainly for pain).

Onset of action

- Some improvement in pain may occur within **a few days to 1 week**.
- Maximum benefit usually seen after **2–4 weeks** at the right dose.
- May require slow titration to minimise side effects

DOSAGE & FREQUENCY

Your doctor will advise on the starting dose and guide the dose changes.

- start with _____
- if tolerated, increase to _____ after _____ days
- if necessary, increase by _____ every _____ week(s)
- if successive increases are well tolerated *and bring additional benefit*, continue to titrate up to a maximum of _____
- to be reviewed by your doctor on _____

Often titrated slowly to minimise side effects. Dose is gradually increased depending on response and tolerance (every 3-7 days).

ROUTE OF ADMINISTRATION

Oral (by mouth) unless otherwise specified.

WHAT ELSE SHOULD I KNOW WHILE TAKING THIS MEDICATION

- This medicine may cause drowsiness or dizziness; if affected, do not drive or operate machinery.
- Avoid alcohol or other medications that may cause you to feel sleepy while taking this medicine.
- Do not stop taking this medicine suddenly unless your doctor tells you to.

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STORAGE INSTRUCTIONS

Store at room temperature, below 25°C, away from moisture and sunlight. Keep out of reach of children.

DISPOSAL INSTRUCTIONS

Return unused or expired medication to your pharmacy for safe disposal.

MISSED DOSE INSTRUCTIONS

Ask your doctor or pharmacist.

EMERGENCY INSTRUCTIONS

Seek immediate medical help if you suspect overdose or experience severe side effects such as chest pain, seizures, or difficulty breathing.

COMMON SIDE EFFECTS

- Drowsiness, dizziness
- Blurred vision
- Weight gain
- Swelling of hands or feet (oedema)
- Dry mouth
- Constipation
- Tiredness
- Sexual dysfunction

SERIOUS SIDE EFFECTS

- Severe mood changes, depression, suicidal thoughts
- Allergic reaction (rash, swelling, difficulty breathing)
- Severe dizziness or unsteadiness leading to falls
- Vision changes
- Difficulty breathing (especially with opioids)

MANAGEMENT STRATEGIES FOR SIDE EFFECTS

- Drowsiness/dizziness: Take at night, avoid driving until you know its effect.
- Swelling: Monitor for ankle/leg swelling; elevate feet when resting.
- Weight gain: Maintain healthy diet and exercise.
- Dry mouth: Chew sugar-free gum, sip water.
- Constipation: Increase fibre and fluids.

OTHER IMPORTANT INFORMATION

Interactions:

- Risk of drowsiness increased with opioids, alcohol, or other sedatives.
- Use caution if combined with medicines that cause swelling or weight gain.

Precautions:

- Dose adjustment is required in kidney disease.
- It needs caution with heart failure (aggravation)
- Not usually recommended in pregnancy or breastfeeding unless clearly needed.
- Do not stop suddenly — taper under medical guidance

Elective surgery advice

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- Usually **continued before surgery**.
- May increase sedation and breathing problems if combined with opioids or anaesthetics — your anaesthetist should be informed.
- Do not stop suddenly; tapering is required if stopping.

TITRATION DIARY

Date	Dose Taken	Side Effects	Notes (e.g., sleep, pain relief)

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