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What is Pregabalin?

Although Pregabalin is licensed for use in peripheral nerve pain and is used by headache specialists, it is not licensed for headache or migraine.

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

How should I take it?

Pregabalin should be prescribed as follows:

Week 1 (Days 1-7)	Pregabalin 25mg	Twice a day
Week 2 (Days 8-14)	Pregabalin 50mg	Twice a day
Week 3 (Days 15-21)	Pregabalin 75mg	Twice a day
Week 4	Pregabalin 150mg	Twice a day
Week 5	Pregabalin 300mg	Twice a day

The drug is not affected by food. If the patient is experiencing good pain relief at a lower dose then there is no need to increase up to the higher doses.

Do not 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.

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.

What are its side effects?

Most side effects are mild and it is expected that they will go away after several days.

Generally side effects are more troublesome just after starting 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 and 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, mood changes, hallucinations or rash.

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

Breastfeeding and pregnancy

Do not take this medicine for migraine if you are pregnant or are planning a pregnancy.

How long do I need to be on the tablets for?

You need to take the medication at the maximum dose you can tolerate for at least 8 weeks before a benefit can be judged. If there is a benefit then they should be taken for at least 4-6 months after which time you may like to discuss with your doctor whether you can withdraw them.

This leaflet is intended to provide a brief overview of aspects of this treatment protocol. It is not intended as a substitute for the comprehensive 'product information' leaflet found inside all boxes of medication.

The 'product information' leaflet should always be read before taking medication. Your prescribing doctor will discuss the risks and benefits of the medication as it relates to you and answer any further questions you may have.

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