



Medication: Gabapentin 100 mg

What is Gabapentin?

Gabapentin belongs to a group of medications that was originally used to treat seizures. It is most commonly used for neuropathic pain and associated symptoms such as numbness, tingling, and electric-like shocks. It can also be used for anxiety and restless leg syndrome. Although not a sleeping pill, it also helps with sleep.

Expected Benefit:

- It may take a few weeks to notice a benefit. Benefit may not be noticeable until the dose reaches 600 mg.

Watch for possible side effects:

It is important to be aware of the side effects however, it is also important to remember that not all side effects occur in everyone. Many of the less serious side effects will improve over the first few days of taking the medication.

If you have problems with these side effects talk with your doctor or pharmacist:

- Drowsiness
 - This is common, especially when starting the medication. It usually improves with time
- Hangover effect – too sleepy in the morning
- Mental clouding (brain fog)
- Upset stomach
- Weight gain
- Swelling (especially ankles)

Stopping the medication:

- Do **NOT** stop taking this medication suddenly without asking your doctor – this medication is usually decreased slowly (in particular at higher doses) before it is stopped completely.

How to use this medication:

- Take this medication with or without food

Dosing Schedule:

- Start with 100 mg in the evening
 - If it makes you too drowsy, you can take it close to bedtime
- Increase dose according to table below
- You can stay at the same dose (stop increasing) if you get side effects
 - You might want to lower the dose by 100 mg

AM	Afternoon	Evening	
		100 mg	For 1 week

		200 mg	For 1 week
		300 mg	For 1 week
		400 mg	For 1 week
		500 mg	For 1 week
		600 mg	Stay at this dose
Follow up with clinic before increasing the dose			

- Contact clinic (if you don't have a follow-up appointment booked) when you reach a dose of 600 mg

Drugs and Foods to Avoid:

Ask your doctor or pharmacist before using any other medication, including non-prescription medication (over-the-counter medication) and herbal products.

- Avoid alcohol use at the same time
- Be careful with sedating antihistamines (e.g., diphenhydramine); causes more dizziness/drowsiness
- Avoid passion flower, primrose oil, chamomile, gotu kola, ginkgo, St John's Wort, valerian, ginseng, goldenseal, hawthorn, kava, lemon balm

Please contact the Complex Chronic Diseases Program if you have further questions about your medications.