

**Medication: Pregabalin 25 mg**

**What is Pregabalin?**

Pregabalin is a medication used to treat seizures, as well as treating neuropathic pain and associated symptoms such as numbness/tingling, electric-like shocks. It can also be used for anxiety and restless leg syndrome. Although not a sleeping pill, it can also help with sleep.

**Expected Benefit:**

- It may take a few weeks until you notice an improvement. Some people do not notice a benefit until they get to a dose of 100 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 gets better with time
- Hangover effect – too sleepy in the morning
- Mental clouding (brain fog)
- Blurry vision
- Weight gain
- Swelling (especially ankles)

**Stopping the medication:**

This medication should not be stopped abruptly if being used regularly or at higher doses. Your doctor may advise you to reduce the dose slowly.

**How to use this medication:**

- Take this medication with or without food

**Dosing Schedule:**

- Start with 25 mg in the evening
  - If you are too drowsy, you can take the dose closer to bedtime
- Increase dose according to table below
- You can stay at the same dose (stop increasing) if you get side effects
  - Alternatively, reduce the dose one step

AM	Evening	
	25 mg	For 2 weeks
25mg	25 mg	For 2 weeks

25mg	50 mg	For 2 weeks
50mg	50 mg	Stay on this dose
Follow up with clinic before increasing the dose		

**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.