



Medication: Pregabalin (Lyrica) 25 mg

What is Pregabalin:

Pregabalin belongs to a group of medications used to treat seizures, and 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 feel better. Some people do not notice a benefit until they get to a dose of 100 mg

Watch for possible side effects:

This list of side effects is important for you to be aware of however, it is also important to remember that not all side effects happen to everyone.

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)
- 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 it closer 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 one step

AM	Evening	
	25 mg	For 2 weeks
	50 mg	For 2 weeks
	75 mg	For 2 weeks
	100 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.