



Medication: Topiramate (Topamax) 25 mg

What is Topiramate:

Topiramate is an anticonvulsant used to treat certain types of seizures. It can also be used for migraine prevention, neuropathic or nerve pain (e.g., numbness/tingling, electric shocks), and restless leg syndrome. It is also helpful with sleep (but is not a sleeping pill).

Expected Benefit:

- You may not notice a benefit until you get to a dose of 200 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
- Hangover effect – too sleepy in the morning
- Mental clouding (brain fog)
- Weight loss
- GI upset
- Kidney stones (Ensure good water intake to prevent this)

Monitoring:

- You will need bloodwork before you start Topiramate, then after 2 months, 4 months, 10 months, and 16 months
 - Add reminder to your calendar

Stopping the medication:

This medication should not be stopped abruptly. Your doctor may advise you to reduce the dose slowly to help prevent your symptoms from returning.

How to use this medication:

- Take this medication with or without food

Dosing Schedule:

- Start with 12.5 mg (½ tablet) 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	
	12.5 mg	For 1 week

	25 mg	For 1 week
	50 mg	For 1 week
	75 mg	For 1 week
	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
- Avoid kava kava

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