

Medication: Topiramate 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 can also be helpful with sleep, however, it 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:

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
- 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 a 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 also split the daily dose into a morning and evening dose as long as you don't get drowsy)
- You can stay at the same dose (stop increasing) if you experience side effects
 - You might consider lowering 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.