

### Medication: Gabapentin (Neurontin) 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 until you feel better. Some people do not notice a benefit until they get to a dose of 600 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)
- Upset stomach
- 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 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.