

Contact information if you are worried about your condition

Patient to contact own GP or pharmacist for immediate advice.

Other useful telephone numbers/contacts:

NHS 111

Stop Smoking Helpline (Sefton) - 0300 100 1000

Stop Smoking Helpline (West Lancashire) - 0800 328 6297

Southport & Formby Hospital
Town Lane, Kew,
Southport,
Merseyside,
PR8 6PN
Telephone:
01704 547 471

Ormskirk Hospital
Dicconson Way,
Wigan Road,
Ormskirk,
Lancashire,
L39 2AZ
Telephone:
01695 577 111

Pregabalin for treatment of neuropathic pain

Pain management
Pain clinic

Patient information

If you need this leaflet in a different language or accessible format
please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید،
لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formie,
proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil,
vă rog să discutați cu un membru al personalului să se ocupe
de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق
يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

Why have I been prescribed pregabalin?

Pregabalin has been prescribed by your consultant in the pain clinic.

Pregabalin is used to treat specific types of pain.

Pregabalin is used to treat nerve pain. For example stabbing and shooting pains.

Pregabalin is in a group of medications called anticonvulsant medications, which can also be used to treat patients with epilepsy.

How does pregabalin work?

Pregabalin works as a neuromodulator. The medication changes the way that nerves pass messages to the brain. If the messages received by the brain are reduced, the pain experienced is reduced.

When should I take it?

You will be given instructions on how to take this medication and how to increase the dose, if necessary, by your consultant in clinic. The tablets can be swallowed whole with a glass of water. Pregabalin can be taken on an empty or full stomach. Do not take more than you are prescribed.

How long do they take to work?

All patients are different; however, you may notice a benefit within a couple of days. The full effects of the medication can take up to a month to be experienced.

Notes

You may also need to increase the dose of pregabalin for it to be effective in managing your pain.

Pregabalin, unfortunately, doesn't work for everyone. If, on balance you have seen no improvement in your symptoms after 4-6 weeks of commencing the medication, you must not just stop the medication without speaking to your doctor first.

What are the potential side effects?

Side effects can be most noticeable after initially starting the medication or increasing the dose. These side effects can settle given some time.

Common side effects are drowsiness, dizziness and fatigue. If any of these symptoms are severe, contact your doctor or pharmacist for immediate advice.

Less common side effects include visual disturbances, weight gain, memory loss, indigestion and mood changes. If any of these symptoms are severe, contact your doctor or pharmacist for immediate advice

What if I forget a dose?

Take it as soon as you remember. However, if your next dose is almost due, skip the missed dose and take your medication as normal. Do not take two doses together.

What if I want to stop the medication?

Do not stop taking this medication suddenly. Speak to your doctor who will be able to advise you how to gradually reduce the dosage of medication before eventually stopping it completely. We advise you read the manufacturer's information for patients.

This patient information leaflet is intended to be used to support discussion during your clinical consultation. If there is anything you do not understand or are unsure about, please ask the doctor at your appointment or contact the people below.

Southport

Chronic pain management secretary contact details
(01704) 704201 (Monday – Wednesday, 8am to 4pm)

Ormskirk

Chronic pain management secretary contact details
(01695) 656421 (Wednesday – Friday, 9am to 5pm)

References

Faculty of pain medicine 2014 pregabalin for the treatment of pain

<http://www.FPM.ac.uk/faculty-of-pain/patient-information>

Pregabalin NHS Choices (2018)

<https://beta.nhs.uk/medicines/pregabalin/>

During your contact with us, it is important that you are happy with your care and treatment. Please speak to a member of staff or the sister/charge nurse if you have any questions or concerns.

Matron

A matron is also available during the hours of 9am to 5pm, Monday to Friday. During these periods, ward/department staff can contact the matron to arrange to meet with you. Out of hours, you will need to contact your GP service for advice.

Infection control request

Preventing infections is a crucial part of our patients' care. To ensure that our standards remain high, our staff have regular infection prevention and control training and their practice is monitored in the workplace. We ask patients and visitors to assist us in preventing infections, by cleaning their hands at regular intervals and informing staff of areas within the hospital that appear soiled.

As a patient there may be times that you are unsure whether a staff member has cleaned their hands; if in doubt please ask the staff member and they will be only too happy to put your mind at ease, by cleaning their hands so that you can see them.