

## Spasticity Service

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**King's College Hospital**  
NHS Foundation Trust

## Pregabalin titration patient information leaflet

Patient name :	Date :
Hospital no :	Doctor :

**Pregabalin** is a drug used to treat epilepsy, anxiety and some types of pain. It also has some effect on spasticity and is used for restless leg syndrome as an off-label use. Pregabalin can be used in combination with other drugs and it is particularly useful where pain and spasticity co-exist. The recommended maximum dose is **600mg per day in divided doses**.

It is available as:

Tablets and capsules	25 mg or 50 mg or 75 mg or 100 mg or 150 mg or 200 mg or 225 mg or 300 mg
Oral solution	20mg/ml

As with most medications, a range of side-effects have been reported with pregabalin. For a full list of side effects, please refer to the product information leaflet included with the medication. The more common complaints are:

- Dry mouth
- Nausea / Vomiting
- Confusion
- Drowsiness
- Dizziness
- Constipation / Diarrhoea
- Weight changes
- Abnormal appetite
- Weakness
- Impaired concentration
- Abnormal gait
- Headache
- Joint disorders
- Memory loss
- Altered mood
- Movement disorders
- Muscle complaints
- Oedema (swelling)
- Pain
- Sexual dysfunction
- Sleep disorders
- Visual disturbances
- Speech impairment
- Abdominal swelling
- Cervical spasm
- Vertigo

Not everyone will experience these side effects and many individuals do not experience any problems.

### Additional information:

- Pregabalin may cause dizziness, drowsiness and decreased concentration, you should not drive or operate machinery if this affects you.
- Some patients have experienced breathing difficulties when taking pregabalin – certain people may need a lower dose to reduce the risks of these issues. Contact your doctor if you notice new or increased trouble breathing or you experience shallow breathing after taking pregabalin; a noticeable change in breathing might be associated with sleepiness.
- The risk of some of these side effects such as drowsiness or difficulty breathing may be higher in people taking opioids such as codeine, methadone or morphine, your doctor should review these medicines before you start pregabalin.

- Effects of alcohol may be enhanced and sedation may be increased with concomitant pregabalin use. Avoid drinking alcohol during pregabalin treatment.
- There is a risk of abuse or dependence with this medication, talk to your doctor if you have any concerns.

It is important to avoid abrupt withdrawal as it can cause withdrawal symptoms such as insomnia, headache, nausea, anxiety, seizures and excessive sweating. Do not suddenly stop taking pregabalin unless advised by your doctor. It is usually weaned over at least one week.

**Pregabalin** is always started at a low dose and increased slowly, please follow table below.

Week 1				
Week 2				
Week 3				
Week 4				
Week 5				
Week 6				

Some individuals are able to follow the increasing dosage regimen without any problems. However, if experience side effects when you increase the dose, then reduce back down to a dose where you did not experience significant side effects. You should allow your body to develop tolerance at the smaller dose for a couple of weeks before considering to up-titrate.

Please note that if at any stage of the increasing dosage regimen you achieve satisfactory symptom control, there is no need to further increase the dose further.

If you need to stop pregabalin, then follow the stepwise pattern in reverse to gradually decrease the dose each week or discuss with your doctor or spasticity team

This leaflet mainly focuses on how to titrate pregabalin. For further information on pregabalin, please refer to the full patient information leaflet, which is included in every medicine package.

*If you have any queries, please contact the Spasticity CNS or Medical Secretary on the front page telephone number.*

## **PALS**

The Patient Advice and Liaison Service (PALS) is a service that offers support, information and assistance to patients, relatives and visitors. They can also provide help and advice if you have a concern or complaint that staff have not been able to resolve for you. They can also pass on praise or thanks to our teams. The PALS office is in the main hospital foyer at PRUH and they would be happy to advise you.

PALS at Princess Royal University Hospital, Farnborough Common, Orpington, Kent BR6 8ND

Tel: **01689 863252**

Email: **kch-tr.palspruh@nhs.net**

If you would like the information in this leaflet in a different language or format, please contact our Communications and Interpreting telephone line on 020 3299 4826 or email:

**kch-tr.accessibility@nhs.net**

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