

Gabapentin Schedule

The Chronic Pain Management Service

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Wash your hands with soap and warm water and dry thoroughly. Use hand gel, if provided, in care facilities.
- If you have symptoms of diarrhoea and vomiting stay at home and do not visit relatives that are vulnerable in hospital or in residential care. You will spread the illness.
- Keep the environment clean and safe. Let's work together to keep it that way. Prevention is better than cure.

The aim of this leaflet is to help you understand why Gabapentin has been prescribed for your pain condition, and how to take it properly.

Gabapentin (Neurontin) is a drug widely used in the treatment of neuropathic pain. This is pain that arises from nerve damage or irritation. Neuropathic pain is often described as a burning, sharp, shooting or stabbing sensation. You might also feel tingling, weakness or pins and needles in the affected area. Sometimes, even the slightest touch or changes in temperature can result in extreme pain and tenderness.

Neuropathic pain can be caused when a spinal nerve becomes trapped, compressed or pinched. Nerve irritation may occur as a result of a slipped disc, arthritis, following surgery or infection, such as shingles. It could also be due to other medical conditions such as diabetes, CVA (stroke) or bleeding.

Nerves carry messages through electrical impulses. Following damage, the nerve becomes electrically unstable and starts to send off messages in a disordered manner. These messages are then interpreted by the brain as pain. Gabapentin was developed from a family of drugs that was originally used to treat epilepsy. This type of drug works by reducing excitability of nerves and preventing the nerves from firing so often.

The most common side effect caused by Gabapentin is feeling sleepy, so it is often started at a low dose and built up gradually. Overleaf is a schedule that the Pain Management Service in Wolverhampton recommends. For more information about side effects or contraindications to treatment, you should check the information leaflet inside your medication box, consult your GP, Pharmacist or the pain helpline number below.

Date	Day	Morning	Afternoon	Evening
	1 2			1 capsule (100mg)
	3 4	1 capsule		1 capsule
	5 6	1 capsule	1 capsule	1 capsule
	7 8	1 capsule	1 capsule	2 capsules
	9 10	2 capsules	1 capsule	2 capsules
	11 12	2 capsules	2 capsules	2 capsules
	13 14	2 capsules	2 capsules	3 capsules
	15 16	3 capsules	2 capsules	3 capsules
	17 18	3 capsules	3 capsules	3 capsules

1. Start with one 100mgs capsule in the evening
2. Gradually increase the dose using the plan above
3. If side effects occur that do not settle within a couple of days, go back to the previous dose.
4. If severe side effects develop, stop taking the medication
5. Pain levels should start to decrease within 1-2 weeks.
6. You will need to get a repeat prescription from your GP so that you do not run out of tablets before your next visit to the pain clinic.

Remember, this medication may be a means to reduce your pain - it is not a cure!!!

Additional information

The information in this leaflet is not intended to replace your doctor's advice. If you require more information or have any questions please contact the Chronic Pain Team on 01902 307999 Ext 5122.

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。