

# Gabapentin & Pregabalin

## What is gabapentin and pregabalin?

- Gabapentin and pregabalin are medicine that were first used to help treat epileptic seizures. They also help with some kinds of pain, including headache pain, nerve pain, and pain after surgery.
- Gabapentin or pregabalin can be used alone or combined with other medications.
- Take your medication regularly as prescribed to prevent or reduce pain.
- These medications take time to start working. You may start to feel better after several weeks.

### Gabapentin is also called:

- Neurontin®

### Pregabalin is also called:

- Lyrica®

## How to use and store this medication

- Gabapentin and pregabalin can be taken by mouth (tablet, liquid, or capsule).
- You may take this medication with or without food. Take the medication with food if you find that it upsets your stomach.
- Store the medication at room temperature, away from heat, moisture, and direct light.
- Store the medication out of reach of children and pets.

## If you miss a dose

- Take the dose as soon as you remember.
- If it is almost time for your next dose, skip the missed dose and continue with the next dose at the regular time.
- Do not take extra medicine to make up for a missed dose.
- If you are unsure what to do about a missed dose, contact your healthcare provider or pharmacist.

## Safety measures

- Ask your healthcare provider or pharmacist before using any other medication, including non-prescription medication, vitamins, and herbal products
- Do not stop taking this medication suddenly without talking to your healthcare provider. Your healthcare provider will usually decrease your dose slowly before you stop taking this medication.
- Gabapentin and pregabalin can make you dizzy or drowsy, especially when you start taking the medication. **Do not** drive, operate machine, or do any activity that could be dangerous until you know how this medication affects you.

- Tell your healthcare provider if you are pregnant or breastfeeding, or if you have kidney disease.

## Side effects

- It is important for you to be aware of possible gabapentin and pregabalin side effects. Not all side effects happen to all people, and many people do not have any side effects.
- Less serious side effects often improve during your first few days taking the gabapentin and pregabalin. These side effects include:
  - Upset stomach or vomiting: try taking the medicine with food
  - Feeling dizzy, unsteady, or uncoordinated: try moving more slowly when you sit or stand
  - Feeling more sleepy
  - Mood or behaviour changes such as feeling restless, irritable, or having trouble concentrating
  - Dry mouth
- If these side effects continue, or cause distress, talk with your healthcare provider or pharmacist.

### **CALL YOUR HEALTH CARE PROVIDER RIGHT AWAY AND GET HELP IF**

#### **YOU EXPERIENCE:**

- Seizure or convulsions
- Difficulty breathing
- Chest pain, or feeling an irregular or fast heartbeat
- Swelling of the face, throat, tongue or lips
- Flu like symptoms
- Rash
- Unusual sensation or hallucinations

