



Fact Sheet for Lyrica® or its Generic Pregabalin



Lyrica ® / Pregabalin (pre-GAB-a-lin), is used to treat neuropathic pain and pain associated with fibromyalgia.

How does it work

Lyrica ® / Pregabalin calms overactive nerves by blocking certain calcium channels in the brain which reduces the release of chemicals that cause pain.

What are the side effects

All medications have positive effects (what we want) and negative side effects (what we don't want). Starting at a low dose and increasing slowly, as your body adjusts, can reduce negative side effects.

More common side effects include dizziness, drowsiness, dry mouth and weight gain.

If you experience swelling in your feet or hands, face/neck swelling or blurred vision contact your prescriber or pharmacist immediately.

Before operating machinery or driving, know how this medication affects you.

When should this medication NOT be used

Increased drowsiness and impaired thinking may occur when combining pregabalin with opioids, drugs with sedative effects, cannabis and alcohol. Be sure to tell your health provider about all medications, both prescription and non-prescription and any natural health products or supplements that you take along with all existing medical conditions.



What is a Typical Dose for Fibromyalgia

When taking Lyrica® or its generic, pregabalin, your health care provider will likely suggest starting with a small dose and increasing your dose upwards in gradual increments. It can take several weeks before the full effect of this medication is felt.

Dosage for treatment of fibromyalgia symptoms varies between individuals. Starting doses are usually 50–75mg at bedtime and then slowly increasing up to 150–225mg twice daily. Sedation and dizziness can be decreased by taking the dose only at night or a lower morning dose followed by a higher dose at night.

If you forget your dose and remember within a few hours then take the missed dose. If it is almost time for the next dose then **DO NOT** take the missed dose (**DO NOT** double the dose).

Doses must be decreased if you have impaired kidney function.

If stopping pregabalin, you must consult your prescriber/pharmacist. In most cases the dose is decreased slowly over at least one week to prevent withdrawal symptoms which may include trouble sleeping, diarrhea, nausea, headaches or seizures.

People tolerate drugs differently. Always discuss medications with your prescriber and pharmacist to ensure that this is the correct medication for you. Considerations include other drugs you may be taking (prescription and over-the-counter), natural supplements and other health conditions you may have.

