



Jeff Donovan MD PhD FRCPC

Dermatologist, specializing in hair loss

750 West Broadway Suite 905 - Vancouver BC V5Z 1H8
Email: vancouveroffice@donovanmedical.com Web: www.donovanmedical.com

INFORMATION ON ORAL LYRICA (PREGABALIN)

What is Lyrica?

- Lyrica is an oral medication used for treating seizures but is also used for the treatment of diabetic neuropathy, spinal cord injury, fibromyalgia and post herpetic neuralgia. It is believed to work by calming or settling overactive nerves
- It can also be used for scalp pain and burning in the so called 'scalp dysesthesia' syndromes
- Lyrica is chemically related to gabapentin and the medication may be referred to as Pregabalin

How is Lyrica prescribed?

- Lyrical pills come in many sizes include 50 mg, 75 mg, 100 mg.
- It is prescribed at a dose of 50-75 mg once daily moving up to 50-75 mg twice daily and increased up to a maximum of 300 mg per day
- Usually, Dr. Donovan will start **50 mg every other day** and move up very slowly to daily and then up to 50 mg three times daily. The maximum dose is usually 100 mg used three times daily. This dose is reached slowly and only if Dr. Donovan advises.
- When you want to stop Lyrica, it is recommended to taper it slowly. Do not stop it suddenly
- A baseline set of blood tests will be ordered (CK, CBC-D, Cr, LFTS) and repeated every 2-3 months while on Lyrica.

Who should not use Lyrica?

- Don't use Lyrica if you are allergic to the medication
- Don't use Lyrica if you take an ACE- inhibitor as it increases your risk to get an allergy
- Don't use Lyrica if you take diabetes medications like pioglitazone or a weight medication called Orlistat
- Don't use Lyrica if you take oxycodone
- Don't combine Lyrica with a benzodiazepine or with tricyclic antidepressant (as it increases the chance for drowsiness)
- Don't use alcohol while on Lyrica or if you have abused drugs or alcohol in the past
- Don't use Lyrica if you have had depression/mood problems or suicidal thoughts
- You have kidney problems or heart problems or low platelets
- Don't use Lyrica if you are pregnant or breastfeeding
- For men - if you ever plan to father a child (even in the future) as it can affect sperm count

What side effects are possible with Lyrica?

- Dizziness – don't drive a car or operate heavy machinery until you know how Lyrica affects you. Loss of balance, vertigo drowsiness are also side effects
- Dry mouth
- Edema (swelling of hands and feet) – especially in patients with diabetes or heart problems. Tell Dr. Donovan if you get swelling in the hands and feet
- Blurred vision
- Weight gain
- Difficulty concentrating

- Tremor

What side effects are possible with Lyrica (Continued)?

- Allergy and angioedema
- Blurred vision
- Decreased platelet count
- Suicidal thoughts in 1 out of 500 patients
- Muscle problems and muscle injury (including increased CK)

What side effects do some experience when they STOP the drug?

Many can slowly taper the drug without any problems.

However, some may experience symptoms such as difficulty sleeping, as well as headaches, diarrhea and nausea. This does not happen to everyone. To prevent these symptoms while you are stopping treatment with this drug, Dr. Donovan doctor may reduce your dose gradually

What side effects should prompt me to STOP Lyrica and get medical advice?

- Get help immediately if you get swelling of the lips, eyes, throat, you have trouble breathing or you get hives
- You have suicidal thoughts
- You have worsening depression
- You have muscle problems
- You have blurred vision