



Amitriptyline

- Start 10mg ON.
- Titrate up to 75mg ON
- Trial for 6-8/52 before deciding ineffective.
- If wish to stop, withdrawal over 4/52 (else dizziness, nausea, diarrhoea, headaches, flu like).

Gabapentin

Start dose in fit and young:

- 300mg OD day 1, 300mg BD day 2, 300mg TDS day 3
- OR
- 300mg TDS
- Titrate up by 300mg every 2-3/7.
- Max 1200mg TDS.

Start dose in frail and elderly:

- 100mg ON, increased by 100mg each day.
- Give in 2-3 divided doses.
- Max 1200mg TDS.
- If develop s/e can increase every 3-7 instead.

- Trial for 3-8/52 before deciding ineffective.
- If wish to stop, withdrawal over 1/52.

S/E
Dizziness and lethargy

Nortriptyline

- Start 10mg ON.
- Titrate up to 75mg ON
- If wish to stop, withdrawal over 4/52 (else dizziness, nausea, diarrhoea, headaches, flu like).

Pregabalin

- Start 50mg TDS or 75mg BD
- Titrate up to 300mg in 2-3 divided doses after 3-7/7.
- Max 600mg in 2-3 divided doses.
- Trial for 4/52 before deciding ineffective.
- If wish to stop, withdrawal over 1/52.

S/E
Dizziness and lethargy.