



Management of Nerve Type Pain

Use these options to help you and your healthcare professional decide which tablets you may like to take.

FAQs	Amitriptyline	Gabapentin	Pregabalin	Duloxetine	Capsaicin cream
What are they for?	Tablet that works for nerve pain	Tablet that works for nerve pain	Tablet that works for nerve pain	Tablet that works for nerve pain	Cream that works for nerve pain
How do they work?	Reduces sensitivity of the nerves	Reduces sensitivity of the nerves	Reduces sensitivity of the nerves	Reduces sensitivity of the nerves	Reduces sensitivity of nerves in the skin
How effective are they?	1 in 3 people have a reduction in pain of 50% or more Usually recommended as first line treatment	1 in 8 people have a reduction in pain of 50% or more	1 in 4 people have a reduction in pain of 50% or more	1 in 5 people have a reduction in pain of 50% or more	Can be effective for people who cannot tolerate tablets
What are the most common side effects?	Weight gain, dry mouth, headache and sleepiness	Dizziness and sleepiness	Dizziness and sleepiness	Nausea	Reduces sensitivity of nerves in the skin
Are they safe for me to take it?	Caution with people with heart problems or those on some groups of antidepressants	Not if you are very depressed	Take lower doses if you have kidney problems	Not if you have liver problems Not with some other anti-depressants	Can cause a burning sensation Avoid applying to open skin
What medication should I try?	Most people try this as the first option	Most people to try this as a second option with or without amitriptyline	Most people try this as a third option if the other tablets have not been effective or tolerated	Most people try this as the fourth option if the others have not been effective but you may want to try this first if you have diabetic neuropathy	Can be used with tablets or on its own if tablets are not an option

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(Further information when option have been chosen - used by patients and healthcare professionals)

NB: Consider Carbamazepine for trigeminal neuralgia.

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What dose should I take?	10mg at night Increase weekly by 10mgs Max 50 - 80mg Max of 50mg or less when taken with high doses of tramadol	<u>Week 1</u> 300mgs 1 time a day <u>Week 2</u> 300mgs 2 times a day <u>Week 3</u> 300mgs 3 times a day Max 600mgs 3 times a day	<u>Week 1</u> 75mgs 2 times a day <u>Week 2</u> -150mg 2 times a day Max 300mg 2 times a day	Up to 60mg daily Or Take in divided doses (up to 30mg 2 times a day)	0.075% 3 - 4 times day Or 0.025% if the high dose is not tolerated Apply sparingly using gloves
What condition are they most suitable for?	Most nerve type pain, headaches and migraine	Most nerve type pain	Most nerve type pain with anxiety and sleep disorders. Not usually effective for people with fibromyalgia	Usually for those with diabetic neuropathy	For localised nerve pain if tablets are not tolerated
What if I have side effects I cannot tolerate?	Reduce the dose gradually (weekly) until side effects lessen	Reduce the dose gradually (weekly) until side effects lessen	Reduce the dose gradually (weekly) until side effects lessen	Reduce the dose gradually (weekly) until side effects lessen	Stop using the cream and consult your GP