

 **Suggested pregabalin reduction for chronic pain**

**Plan D – 50mg per week reduction, reducing morning and night by 25mg**

Please note: A medication reduction should be a shared decision between patient and clinician.  This should be documented in the patients notes and should include drug being reduced, rate of reduction (e.g. weekly, monthly) and dose to be reduced at each step.  A pause in the reduction may be required.   It is important to ensure the patient knows what withdrawl symptoms they may experience and when to seek medical help.

Do NOT attempt a reduction for any patient who has been prescribed Pregabalin for epilepsy. Pregabalin started for any mental health condition should be carefully considered by the MDT team which may include consulting secondary care for advice before reducing.

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| **Stage**  **Each Stage = 7 days** | **Morning Dose** | **Evening Dose** | **Weekly Prescriptions** |
| **1** | 300mg | 300mg | 14 x 300mg caps |
| **2** | 275mg | 275mg | 14 x 200mg caps  14 x 75mg caps |
| **3** | 250mg | 250mg | 14 x 200mg caps  14 x 50mg caps |
| **4** | 225mg | 225mg | 14 x 200mg  14 x 25mg |
| **5** | 200mg | 200mg | 14 x 200mg caps |
| **6** | 175mg | 175mg | 14 x 100mg caps  14 x 75mg caps |
| **7** | 150mg | 150mg | 14 x 150mg caps |
| **8** | 125mg | 125mg | 14 x 100mg caps  14 X 25mg caps |
| **9** | 100mg | 100mg | 14 x 100mg caps |
| **10** | 75mg | 75mg | 14 x 75mg caps |
| **11** | 50mg | 50mg | 14 X 50mg caps |
| **12** | 25mg | 25mg | 14 X 25mg caps |
| **13** | 25mg |  | 7 X 25mg caps |
| **END OF REDUCTION** | | | |