

Appendix 2e: Patient trial plan – Gabapentin or pregabalin**What do you want to get from this trial?**

What is your goal (something to work towards) during the trial? For example, do more daily tasks, return to a hobby, take a short walk each day, or spend more time out of the house.

What medicine will you be taking for your trial?

Medicine name: _____

Fill in the table below with the numbers of tablets you should take, and when you should take them.

Date	Morning dose	Midday dose	Evening dose

Date of your review (This should be within 6 to 8 weeks of starting the trial)



Warning: Gabapentin and pregabalin are associated with significant risks, including side effects, dependence, and addiction. These medicines must be reviewed regularly and reduced and stopped if the risks outweigh the benefits.

A positive outcome to a gabapentin or pregabalin trial does not indicate that the medicine will continue to be helpful in the long term.

Please return all unused medicines to your local pharmacy.