

## Appendix 5b: Example letter – Invitation for general gabapentinoid review

[Title/Initial/Surname]

[Patient Address Block]

Dear [Title] [Surname]

The Surgery are carrying out a review of all our patients' prescriptions for gabapentin and pregabalin. We are doing this in response to recent medical research that has looked at the long-term benefits and risks of these medicines.

Your medical records show that you are taking one of these medications for pain. We know that for some people they can be helpful, but also that they can sometimes be addictive and cause significant side effects.

Many people start taking these medications because they have pain that is difficult to manage and may continue to take them even though they are not helping very much. Sometimes people find them helpful when they start but continue to take them even though they are no longer working as well, or for some people the reason they started them has gone away but the medication has not been reduced or stopped. We are very keen to help support people who would like to reduce their dose, or stop these medications, or to look at alternative ways of managing their pain.

We have made sure that there are telephone appointments available with the practice pharmacists for you and other people in your position. Please contact the surgery and ask for a 'gabapentin or pregabalin review' to discuss this further.

You may also benefit from the information about pain management on [www.paintoolkit.org/](http://www.paintoolkit.org/) or [www.livewellwithpain.co.uk](http://www.livewellwithpain.co.uk) or the online Education Programmes for Patients available via [EPP Cymru](#)

Yours sincerely

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