

Appendix 5f: Example letter – Invitation to review (co-prescribed gabapentin or pregabalin with an opioid, benzodiazepine or Z-drug)

[Title/Initial/Surname]

[Patient Address Block]

Dear [Title] [Surname]

We are reviewing people who take gabapentin or pregabalin to make sure their medicines are safe and still right for them.

Our records show that you are taking gabapentin or pregabalin together with an opioid (a strong painkiller), a benzodiazepine (often used for anxiety), or a sleeping tablet known as a Z-drug. Taking these medicines together can increase the chance of side effects, so we would like to review your treatment.

This does not mean you need to stop any of your medicines. Please continue taking them as prescribed until we have spoken with you.

Please contact the surgery to arrange a telephone appointment for a gabapentin or pregabalin review.

You may also find the following pain management resources helpful:
www.paintoolkit.org/ or www.livewellwithpain.co.uk or the online Education Programmes for Patients available via [EPP Cymru](#)

Yours sincerely

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