

Appendix 5g: Social media – Patient messages

These example posts are designed for use on social media channels such as X, Facebook or LinkedIn. Health boards can adapt them for local use.

Post 1 – Not seeing improvement? Time for a review

Taking gabapentin or pregabalin?

If it's not clearly helping your day-to-day life, it may be time for a review. Regular checks help make sure your medicine is still right for you.

→ Ask your GP practice if you're due a review. #SaferMedicines
#YourMedicineYourHealth

Post 2 – Medicines aren't the only answer

Medicines are just one part of managing pain. Things like keeping active, sleeping well, and taking things at your own pace can help too.

→ Speak to your GP or pharmacist about support options. #LiveWellWithPain

Post 3 – Side effects getting in the way?

Feeling sleepy, dizzy or unsteady on gabapentin or pregabalin? Side effects can affect your safety and daily life – don't ignore them.

→ Talk to your GP or pharmacist for advice. #SaferMedicines
#YourMedicineYourHealth

Post 4 – When your medicine isn't helping

If your medicine isn't helping you do the things that matter, it may not be the right option anymore. There may be safer or more effective ways to manage your pain.

→ Speak to your GP or pharmacist. #PainManagement #SaferMedicines

Post 5 – Taking other strong painkillers too?

Taking gabapentin or pregabalin with medicines like codeine, tramadol or morphine can make you sleepy and can slow your breathing.

If you're taking these together, it's important to get them checked.

→ Speak to your GP or pharmacist. #MedicationSafety #YourHealthMatters

Post 6 – Thinking about cutting down?

Some people choose to reduce or stop their medicine if it's not helping. This should be done slowly and with support.

→ Speak to your GP or pharmacist before making changes. #PainSupport
#SaferMedicines