Gabapentin for Menopausal Symptoms

Patient information

Why have you been prescribed Gabapentin?

Gabapentin is a drug mainly used to control epilepsy or chronic pain. It has also been shown to be effective in reducing menopausal hot flushes.

Before you take Gabapentin

Tell your doctor if you are taking other medications including:

- Treatment for stomach or duodenal ulcers such as cimetidine
- Antacids or other medications to treat heart burn or reflux

How to take Gabapentin

Swallow whole with a full glass of water. It does not matter if you take Gabapentin before or after food.

Initially take 300mg at night, increase the dose by 300mg every two to three days (add morning dose then midday dose if no side effects) until taking 300mg three times a day.

It is advisable to take Gabapentin at the same time each day.

If you miss a dose take it as soon as you remember, however if it is almost time for your next dose, take only your usual dose at that time.

Things to be careful of

Take care driving or operating machinery until you know how Gabapentin affects you. Gabapentin can cause drowsiness, dizziness or light headedness in some people. Do not do anything that could be dangerous if you are dizzy or light headed.

Do not suddenly stop taking Gabapentin. You may experience side effects such as anxiety, insomnia, nausea, pain, and sweating.

Side effects

Most side effects are mild and short lived. The common side effects include:

- Dizziness or light headedness
- Feeling tired or drowsy
- Dry mouth
- Blurred vision or double vision, uncontrollable jerky eye movements, difficulty seeing
- Gabapentin can also increase the effects of alcohol

Rare side effect

Some people may experience severe mood changes, for example increased depression or extreme mood disturbances. Please let your doctor know as soon as possible, as you may need to stop this medication.

Stopping Gabapentin:

Do not stop suddenly, reduce your dose over a period of time by 300mg every two to three days.

If you experience any side effects or concerns contact the MSAC Clinic on (08) 9340 1355 or (08) 9340 2222 pager 3358 (Monday, Tuesday and Wednesday only), or please see your GP.