

# Initial Gabapentin Titration

## Medication used:

Gabapentin (Generic Name) or Neurontin (Brand Name) **100** mg tablets/capsules

## Steps:

**Step 1:** Start by taking 1 (one) tablet at bedtime x 7 (seven) days.

**Step 2:** After being on 1 (one) tablet for 7 (seven) days, then increase it to 2 (two) tablets at bedtime for another 7 (seven) days.

**Step 3:** Next, after being on 2 (two) tablets at bedtime for 7 (seven) days, then increase it to 3 (three) tablets at bedtime, and stay on that dose until you see your doctor.

## Reasons to stop increasing the dose:

**Reason 1:** You get good relief of symptoms, in which case there is no need to increase the daily dose any further.

**Reason 2:** You develop some side effects, such as sleeping all of the time, difficulty concentrating, or becoming disoriented, in which case you need to go down on the dose, to the prior level, where you were not experiencing any side effects. Stay on that dose longer, to allow more time for your body to get use it, before attempting to increase it again.