

# Gabapentin Titration

## Medication used:

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

### 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.

### Steps to increase medication:

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

**Step 2:** Increase dose to 2 (two) tablets at bedtime. Stay on this dose x 7 (seven) days.

**Step 3:** Next increase it to 3 (three) tablets at bedtime. Stay on this dose x another 7 (seven) days.

**Step 4:** Next, add 1 (one) tablet at noon with lunch. Continue this dose x another 7 (seven) days.

**Step 5:** Add 1 (one) tablet in the afternoon with dinner. Stay on this dose x another 7 (seven) days.

**Step 6:** At this point you should be taking the medicine 4 (four) times a day. This daily regimen of taking the medicine 4 (four) times a day, will be maintained from now on. You should not take any doses any sooner than every 6 (six) hours.

**Step 7:** After 7 (seven) days of taking 3 (three) tablet at bedtime, 1 (one) tablet at noon, 1 (one) tablet in the afternoon, and 1 (one) tablet in the morning, begin taking 2 (two) tablets at noon with lunch. Stay on this dose x another 7 (seven) days.

**Step 8:** After 7 (seven) days of taking 3 (three) tablet at bedtime, 2 (two) tablets at noon, 1 (one) tablet in the afternoon, and 1 (one) tablet in the morning, begin taking 2 (two) tablets in the afternoon with dinner. Stay on this dose x another 7 (seven) days.

**Step 9:** After 7 (seven) days of taking 3 (three) tablet at bedtime, 2 (two) tablets at noon, 2 (two) tablets in the afternoon, and 1 (one) tablet in the morning, begin taking 2 (two) tablets in the morning with breakfast. Stay on this dose x another 7 (seven) days. At this point you should be taking the medicine 4 (four) times a day, or about every 6 (six) hours. This daily regimen of

taking the medicine 4 (four) times a day, will be maintained from now on. You should not take any doses any sooner than every 6 (six) hours.

**Step 10:** After 7 (seven) days of taking 3 (three) tablet at bedtime, 2 (two) tablets at noon, 2 (two) tablets in the afternoon, and 2 (two) tablets in the morning, begin taking 3 (three) tablets at noon with lunch. Stay on this dose x another 7 (seven) days.

**Step 11:** After 7 (seven) days of taking 3 (three) tablet at bedtime, 3 (three) tablets at noon, 2 (two) tablets in the afternoon, and 2 (two) tablets in the morning, begin taking 3 (three) tablets in the afternoon with dinner. Stay on this dose x another 7 (seven) days.

**Step 12:** After 7 (seven) days of taking 3 (three) tablet at bedtime, 3 (three) tablets at noon, 3 (three) tablets in the afternoon, and 2 (two) tablet in the morning, begin taking 3 (three) tablets in the morning with breakfast. Stay on this dose x another 7 (seven) days. At this point you should be taking the medicine 4 (four) times a day, or about every 6 (six) hours. This daily regimen of taking the medicine 4 (four) times a day, will be maintained from now on.

**Endpoint:** Once you have reached the maximum dose you can tolerate without side-effects, contact your physician so as to evaluate the results of the regimen.

**Questions:** Feel free to contact us for any questions or problems at (336) 538-7180