

# Amitriptyline For Vulval Pain

## Why has this treatment been suggested?

Amitriptyline is used to treat neuropathic pain in many different body areas. This is a kind of pain where light touch can feel sharp, burning or stabbing. The pain may also come on without any obvious trigger.

Amitriptyline can be used at high doses to treat depression but should be used at low doses for vulval pain.

## How do I take amitriptyline?

We recommend that you start at a low dose to minimise side effects and increase it gradually.

You will need to be patient to get to the correct dose for you.

Amitriptyline treatment helps 8 out of 10 women with neuropathic vulval pain.

## What are the side effects?

Common side effects include drowsiness, dry mouth and constipation.

It is also important to check that they don't affect other medicines you are taking. If you are feeling sleepy in the mornings, you may need to take your tablet earlier in the evening.

## We recommend the following regime:

10mg at night for a month

20mg at night for a month

30mg at night for a month

40mg at night for a month

50mg at night for a month

60mg at night for a month

You may wish to increase the dose every 2 weeks rather than every month if you are not having any side effects. Most women find that the treatment is effective at 30-50mg a night.

Don't take more than 60mg a night unless your doctor has specially advised this.

If you get troublesome side effects drop the dose back one 10mg step.

Increase the dose until you feel better and can still manage any side effects.

Keep going with that dose for 6 months and then stop gradually over 4 weeks.

If you have increased to 60mg or the highest dose you can manage without side effects and still don't feel better after a month, inform a healthcare professional. Normally advice would be to stop the amitriptyline gradually over 4 weeks and discuss alternative treatment.

**It is important to come off the tablets gradually over 4-6 weeks. Do not stop suddenly.**