

# Treatment of Vulval Pain With Gabapentin

## About Gabapentin

Gabapentin has been successfully used to treat pain in several areas of the body and is used for neuropathic vulval pain. This type of pain is often burning, scalding or shooting. Touch or simply rubbing against clothes may trigger the pain but it may come on without any direct contact at all. This kind of pain does not respond well to standard painkillers. Gabapentin is also used for some types of epilepsy.

You should not use it if you have kidney damage or have had severe mental health problems.

## How to Take Gabapentin

To minimise side effects we recommend that you start at a low dose and increase gradually. Treatment may take 3-4 weeks to start working.

The following regime is advised:

Day 1 300mg once only.

Day 2 300mg morning, 300mg evening

Day 3 300mg morning, 300mg lunchtime and 300mg evening

If you do not notice any effect with 300mg three times a day, you may increase the dose further. You should increase by 300mg a day to maximum 1800 mg a day. This means the highest recommended dose is 600mg morning, lunch and evening. Tablets come in 100mg, 300mg and 600mg sizes. Don't take at the same time as indigestion tablets / mixtures.

## Side effects

Gabapentin has some side effects, particularly dry mouth, diarrhoea, dizziness or drowsiness. Women over 60 years old may get more side effects at higher doses

## Stopping the Treatment

If you don't feel any better after 4 weeks stop treatment **gradually** over 2 weeks and let your doctor know.

If you feel better, keep going with the dose that helps for 3-4 months and then stop treatment **gradually** over 2 weeks.