

# Lyrica (CR) (pregabalin)



## What is it usually prescribed for?

Diabetic peripheral neuropathy, postherpetic neuralgia, fibromyalgia, neuropathic pain associated with spinal cord injury, seizures (convulsions), and some anxiety disorders.



## How does it work?

Lyrica helps improve pain, seizures (convulsions), and fear or worry. Lyrica works by reducing excessive brain activity and release of brain chemicals.



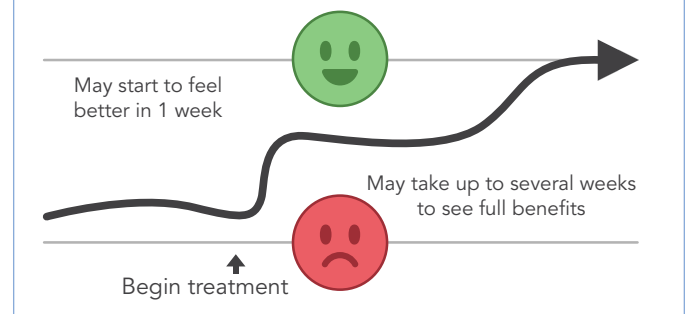
## What should I expect?

Symptoms get better the longer you take Lyrica. Some symptoms may improve in one week. It may take up to several weeks for you to see the full benefits of Lyrica.

Your healthcare professional will start with a low dose that is slowly increased to find the best dose that works for you. Tell your healthcare professional about how it's working for you and if you have any side effects so the dose can be changed if needed.

Take Lyrica exactly as prescribed to get the full benefit of this medicine.

### WHEN WILL I FEEL BETTER?



## Will I have side effects?

You may or may not have side effects when taking Lyrica. Some side effects go away with time, but others require changes to the dose. The risk of some side effects increases with larger doses.

In most cases, treatment is necessary for a long time to control symptoms. Long-term use of Lyrica is generally safe.

## What are common side effects and what can I do to feel better?

If your side effects are mild, talk to your healthcare professional about them at your next appointment.

	Drink less alcohol	Do more exercise	Drink plenty of water	Healthcare professional suggestion
Dry mouth	X		X	
Constipation		X	X	
Feeling dizzy	X		X	
Feeling drowsy	X	X	X	
Swelling of hands or feet	X		X	

Note: This is not a complete list of side effects; other side effects are possible. Before starting Lyrica, tell your healthcare professional about all the medicines you are taking to avoid unexpected side effects.



Neuroscience Education Institute

Last updated 04/2022

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## YOU'RE NOT ALONE!

In 2019 Lyrica was prescribed over 9.6 million times in the United States.



## What should I avoid?

Don't start any new medicines, over-the-counter drugs, or herbal remedies without talking to your healthcare professional first. There are some interactions with medicines that may increase your chance of side effects.

Do not suddenly stop taking Lyrica unless your healthcare professional has told you to because your symptoms may return.

Use less alcohol and recreational drugs. They may decrease the benefits of Lyrica and increase the chance of side effects.

## WHAT IS MOST IMPORTANT TO REMEMBER



It may take up to several weeks for you to feel the full benefits of taking this medicine



Tell your healthcare professional about any troubling side effects so that you can work together to address them



Take exactly as prescribed and do not suddenly stop taking this medicine unless told to do so by a healthcare professional



Do not start any new medicines, over-the-counter drugs, or herbal remedies without talking to your healthcare professional



Get medical care right away if you have serious side effects



## When should I call a healthcare professional right away or visit the emergency room?

If you have any **serious** side effects. Here are some examples of serious side effects:

- Weak or shallow breathing
- Blue-colored skin, lips, fingers, or toes
- Vision problems
- Skin sores (if you have diabetes)
- Easy bruising, unusual bleeding
- Swelling in your hands or feet, rapid weight gain
- Unexplained muscle pain, tenderness, or weakness

If you think there has been an overdose, call your poison control center (800-222-1222) or get medical care right away.



## Where can I get more help?

National Alliance on Mental Illness (NAMI) – [nami.org](https://www.nami.org)

National Suicide Prevention Lifeline – Call 1-800-273-TALK (8255)

Crisis Text Line – Text “HELLO” to 741741



## Notes and questions for my next appointment

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