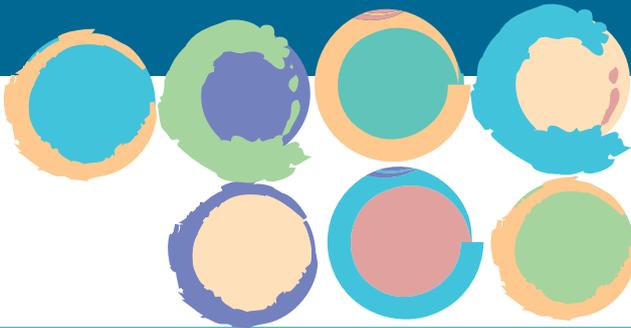


Analgesia Use for Vulvodynia

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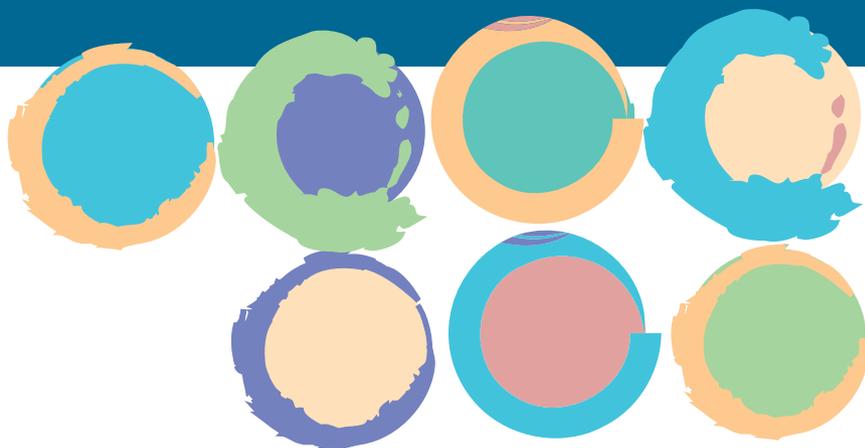


Medication for Vulvodynia

Your doctor has prescribed you a course of treatment to help modify the pain you are experiencing with vulvodynia. It is important that you take this treatment regularly and do not stop suddenly, unless you experience intolerable side effects. Should you experience any side effects or wish to stop treatment, please discuss with us or your GP first. It is usually not a good idea to stop these medications suddenly and ideally they should be withdrawn slowly. It is not unusual for these medications to cause drowsiness initially but this is usually a temporary side effect.

Below are some of the more commonly prescribed treatments and suggested dosage schedules. Many of these drugs have other uses in higher doses, for example as anti-depressants or anti-epileptics. However, they are well recognised as treatment options for pain control. For some people, more than one of these drugs will be used at the same time.

It may take several weeks before any improvement in your pain is noticeable.





Amitriptyline

Available tablets: 10mg, 25mg, 50mg

Dose: Start with 10mg every evening, increasing dose in 10mg increments on a weekly basis until either pain is controlled or a maximum dose of 75mg daily



Gabapentin

Available tablets: 600mg, 800mg

Available capsules: 100mg, 300mg, 400mg

Dose:	Day 1	300mg
	Day 2	300mg twice a day
	Day 3	300mg three times a day

It may be that higher doses are required. If so, please see your GP who may decide to increase the dose further.



Pregabalin

Available capsules: 25mg, 50mg, 75mg, 100mg, 200mg

Dose: 50mg twice a day, increasing after a week to 100mg twice a day. If pain is not controlled, your doctor may suggest a further increase to 200mg twice a day.



Duloxetine

Available capsules: 30mg, 60mg

Dose: 30mg daily. If after 2 weeks there has been no benefit, this can be increased to 60mg daily.

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