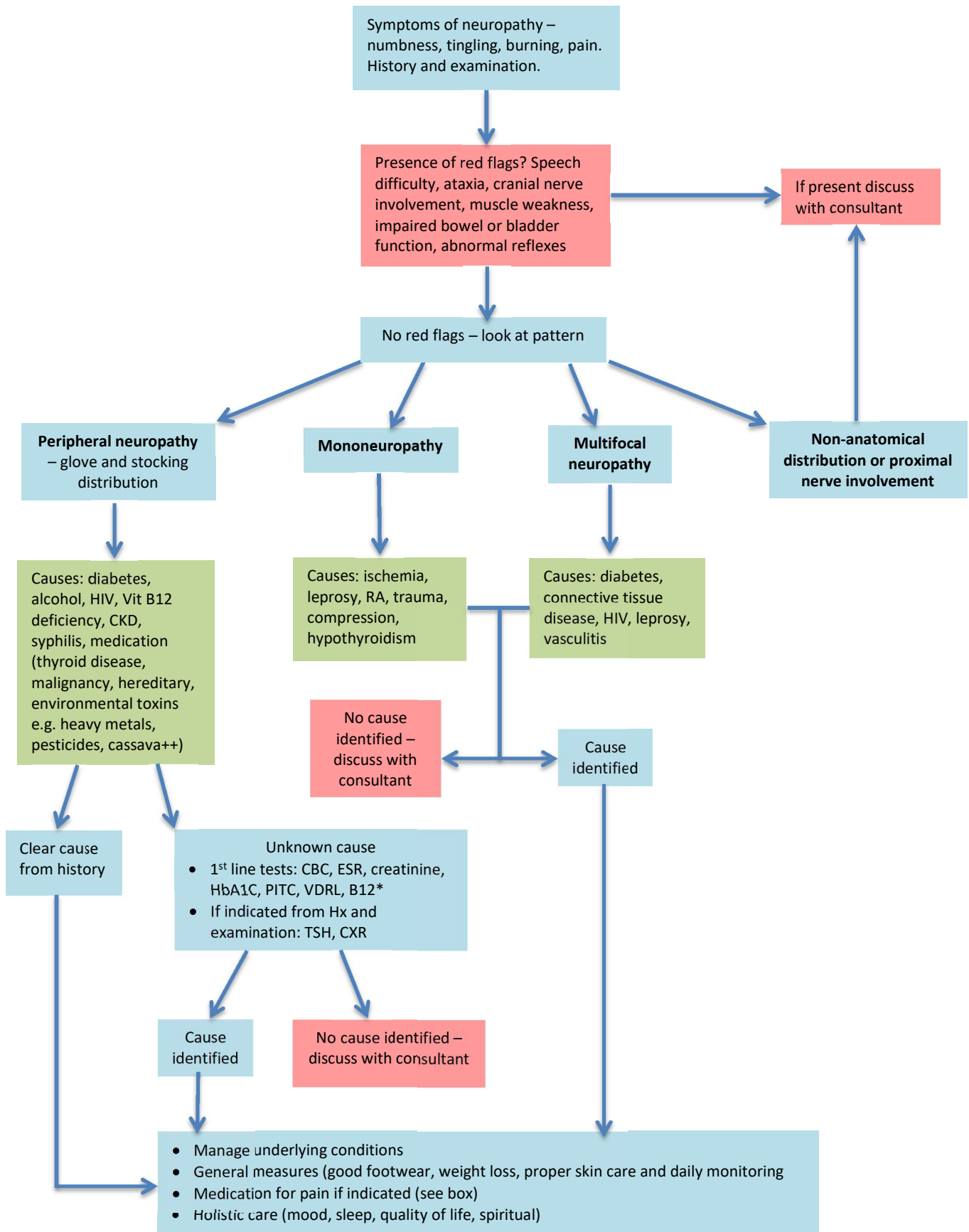


Peripheral Neuropathy



*B12 levels advised (as MCV not reliable for excluding B12 def., but discuss cost: send out 3200Ksh Feb 22)

Kijabe OPD Guidelines

Medication if neuropathic pain

Try either amitriptyline (cheapest), pregabalin or gabapentin. Try for 6-8 weeks with at least 2 weeks at maximum tolerated dose. If initial treatment is not tolerated or not effective, then try one of the others.

Warn that medication is unlikely to provide complete relief from pain – a 50% reduction in pain intensity is considered successful.

Medication	Dose in neuropathic pain
Amitriptyline	Initially 12.5mg nocte, gradually increased if necessary to 75mg. Side effects: dry mouth, blurred vision, constipation, urinary retention, drowsiness. Caution if CVD, epilepsy, diabetes, BPH, glaucoma and in the elderly.
Pregabalin	Initially 75mg bd then increase if necessary (max 600mg in 2-3 divided doses). Lower dose if reduced eGFR. Avoid abrupt withdrawal. Avoid in severe CCF. GI side effects common.
Gabapentin	Initially 300mg tds, then increase according to response (max 3.6g daily = 12 tablets). Lower dose if reduced eGFR. Avoid abrupt withdrawal. Caution if elderly, diabetes, history of psychotic illness. GI side effects common.

References

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