

INFORMATION SHEET

PREGABALIN

FOR USERS



WHAT IS PREGABALIN?

This is a capsule-form medication used to treat certain diseases only.
Using it without medical advice **can be dangerous**.
It is possible to develop a very strong dependence on this medication.



TO REDUCE THE RISKS

If you do consume it, here are a few tips to reduce the health risks:



Avoid using several products at once – mixing them together increases the risks!



There is a much higher **risk of overdose** if they are taken with alcohol, benzodiazepines, clonazepam (Rivotril), or opioids (tramadol, heroin, methadone, codeine, morphine, etc.). As a preventive measure against overdoses, naloxone is available at drug and alcohol treatment centres (CSAPA / CAARUD).



Start with small doses and wait for the effects to show.



Avoid using this product if you suffer from health problems, mental health issues or depression, and, for women, if you are pregnant or breastfeeding.



Avoid driving or doing anything that requires a high level of responsibility.



Don't stay alone and surround yourself with people you trust.



SIDE EFFECTS



Mood swings, stress, aggression



Suicidal thoughts, hallucinations



Loss of bearings, memory loss, difficulty finding the right words, dizziness



Vomiting, constipation



Changes in sexual desire, sexual disorders



In the long term



Heart problems, swollen legs



Difficulty in breathing



Kidney problems



Aggressiveness



Caution:

- **Don't stop all at once! There's a risk of fainting or shaking crisis. You need to cut down gradually – make sure you're supported by a professional!**



There may also be signs of withdrawal

(feeling agitated, hallucinations, sadness and dark thoughts, headaches, nausea, diarrhea, etc.)



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Thank you to the members of the regional working groups and the Scientific and Technical Committee for their contributions and for proofreading this document.

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WHO SHOULD YOU TALK TO AND WHERE?

Doctors



If you have been prescribed a medication by a doctor and are experiencing side effects or signs of dependence, you should speak to your GP or the specialist caring for you (psychiatrist, pain specialist, neurologist, etc.) so that they can review your medication and possibly switch it.

CSAPA



CSAPAs are centres for care, support and prevention in addiction. These centres can provide consultations for people seeking help with substance use (medicines, alcohol, cannabis, cocaine) or addictive behaviours (gambling, video games, etc.). These consultations are free of charge and anonymous.

[Directory of CSAPA in Pays de la Loire:](#)



CAARUD



CAARUDs are centres for the support of drug users in reducing harm. These centres welcome people who use substances (medicines, alcohol, cannabis, cocaine, etc.) without any conditions. In these centres, you can talk to professionals about your substance use, harm reduction and your health, and get equipment to help limit the risks associated with substance use. These centres are free of charge and anonymous.

[Directory of CAARUD in Pays de la Loire:](#)

You can find one CAARUD Center in Nantes (l'Acothé), Saint-Nazaire (La Rose des Vents), la Roche sur Yon (Auxilium), Saumur / Cholet / Angers (La Boutik), Le Mans (Artox), Laval (Aides)



Hospitals



Some hospitals have addiction treatment departments, which provide consultations for addiction problems and, if necessary, hospitalisation.

[Directory of addiction services in hospitals in Pays de la Loire:](#)



FURTHER RESOURCES



Psychoactif is a self-help and community support platform managed by a team of volunteers with experience of drug use. It includes a forum and information on harm reduction.



“Analyse ton prod'” is a network that lets you analyze product samples anonymously and free of charge. The different collection points can be found on the website. It helps you stay better aware about the ingredients in the products you buy in shops, for example, and reduces the risks to your health (when buying a new product, for instance).



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