



**Moss Valley Medical Practice**

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**Gosforth Valley Medical Practice**

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Dear Patient

At The Valleys Medical Partnership we take patient safety very seriously. We follow the latest advances in medical research and continually update and review our clinical practice to ensure patient care is of the highest standard.

Gabapentin and pregabalin – known as ‘gabapentinoids’ – are used to help with persistent pain (pain that has lasted longer than three months) caused by damaged or malfunctioning nerves. However we know that about of half of people prescribed these medications don't get any benefit but can experience side effects.

Our records suggest that you are being prescribed a gabapentinoid for chronic pain (please tell us if that's incorrect) and, because we don't want our patients put at risk, we would like to discuss the current research and new methods of managing chronic pain with less emphasis on drug therapy.

If you are interested in reading more around this topic please see the resources at the bottom of the page, or if you would like to review your painkillers with a GP please call to book a review appointment.

If we don't hear from you we will continue to prescribe your medication, although we would encourage you to book an appointment to discuss your options to reduce the risks of potential harm from this medication.

Kind regards

The Valleys Medical Partnership

<https://livewellwithpain.co.uk/wp-content/uploads/ask-yourself-leaflet.pdf>

<http://resources.livewellwithpain.co.uk/ten-footsteps/cover/>