

Pregabalin



Known as
Pregabs, gabs, Lyrica



How it's used
Taken orally in tablet and capsule form



How it can make you feel
Calm, relaxed, sleepy, uncoordinated, confused, nauseous, loss of memory



How long it lasts
Effects are usually felt after 1 - 2 hours, and last 6 - 8 depending on the dose taken



Important to know

Pregabalin is a medication that has depressant properties. It is typically used for managing anxiety, epilepsy and nerve pain. It can be prescribed but is also often used without prescription and can be 'street bought'.

What it can do

- Cause overdose, especially when mixed with other medications that affect the central nervous system (e.g. benzos, opioids and antidepressants)
- Result in uncomfortable and sometimes dangerous withdrawal symptoms
- Cause accidents and injuries, due to drowsiness, confusion and impaired motor coordination
- Lead to dependency when used for longer than a few weeks

How to reduce the risks

- Start with a low dose and take it slow
- Avoid mixing with other substances, especially depressants. If mixing drugs, use lower amounts
- Use with someone else around, so someone can call for help if it's needed
- Carry naloxone - although Pregabalin is not an opioid, there is a risk it could be contaminated with an opioid
- Don't stop suddenly as you may experience withdrawal symptoms
- Test your drugs. You can send a sample to WEDINOS who will post the results anonymously online



If you or anyone you are with are unwell, call 999 or seek medical help straight away



If you would like information, advice or support with substance use, visit www.inspireservice.co.uk

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