

## Amitriptyline for CHRONIC PAIN or ITCHING

SCHEDULE	MORNING DOSE	AFTERNOON DOSE	EVENING DOSE	(PRESCRIPTION Circle 10 mg or 25 mg
Week 1	(none)	(none)	1 tablet	10 mg / 25mg tablets -if 1 tablet works, maintain at that dose; if symptoms persist, may increase by 1 tablet per week. Not to exceed 4 tablets per night without calling the clinic.
Week 2	None	(none)	1-2 tablets	
Week 3	None	None	1-3 tablets	
Week 4	None	None	1-4 tablets	
Week 5	None	None	1-4 tablets	
Week 6 and beyond	None	None	1-4 tablets	

**DO YOUR BEST TO STICK WITH THIS SCHEDULE. IF YOU ARE UNABLE TO TOLERATE THIS MEDICATION, CALL YOUR HEALTHCARE PROVIDER.**

Please tell your healthcare provider about all medications that you use or any new medications that you are put on. These include prescription, over the counter, and herbal supplements.

A gradual increase in your medication is important to prevent unpleasant side effects.

Never increase your dose sooner than every 7 days.

Do not exceed a dose of 150 mg by mouth nightly without discussing this with your provider.

### **SIDE EFFECTS**

Please get emergency medical help if you are having difficulty breathing, swelling of face, lips, tongue, or throat. Please call if you experience new or worsening side effects while on this medication.

Most common side effects: dry mouth, dizziness, upset stomach, nightmares, constipation, diarrhea, blurred vision, decreased appetite, and decrease sex drive.

Do NOT drive or operate machinery until your dose is adjusted and you are comfortable with your dose.

These are general guidelines, call the office with any questions or concerns

**Do NOT stop this medication unless you talk with your healthcare provider. You may have unpleasant side effects if you stop the medication suddenly.**

**LET your healthcare provider know if you are planning to get pregnant!**

## GABAPENTIN (100 mg tabs) for CHRONIC PAIN OR ITCHING

SCHEDULE	MORNING DOSE	AFTERNOON DOSE	EVENING DOSE	(PRESCRIPTION)
Days 1-3	(none)	(none)	100 mg	100 mg tabs
Days 4-7	100 mg	(none)	100 mg	
Days 8-10	100 mg	100 mg	100 mg	
Days 11-14	100 mg	100 mg	200 mg	
Week 3	200 mg	100 mg	200 mg	
Week 4	200 mg	200 mg	200 mg	
Week 5	200 mg	200 mg	300 mg	100 mg tabs 300 mg tabs
Week 6	300 mg	200 mg	300 mg	
Week 7	300 mg	300 mg	300 mg	
Week 8	300 mg	300 mg	400 mg	100 mg tabs 300 mg tabs
Week 9	400 mg	300 mg	400 mg	
Week 10	400 mg	400 mg	400 mg	
Week 11	400 mg	400 mg	500 mg	
Week 12	500 mg	400 mg	500 mg	
Week 13	500 mg	500 mg	500 mg	

**DO YOUR BEST TO STICK WITH THIS SCHEDULE. IF YOU ARE UNABLE TO TOLERATE THIS MEDICATION, CALL YOUR HEALTHCARE PROVIDER.**

Please tell your healthcare provider about all medications that you use or any new medications that you are put on. These include prescription, over-the-counter, and herbal supplements.

A gradual increase in your medication is important to prevent unpleasant side effects.

### **SIDE EFFECTS**

Please get emergency medical help if you are having difficulty breathing; swelling of face, lips, tongue, or throat. Please call if you experience new or worsening side effects while on this medication.

Most common side effects: dry mouth, dizziness, upset stomach, headache, constipation, diarrhea, blurred vision, weakness, and loss of balance.

Do NOT drive or operate machinery until your dose is adjusted and you are comfortable with your dose.

These are general guidelines, call the office with any questions or concerns

**Do NOT stop this medication unless you talk with your healthcare provider. You may have unpleasant side effects if you stop the medication suddenly.**

**LET your healthcare provider know if you are planning to get pregnant!**

## GABAPENTIN for CHRONIC PAIN

SCHEDULE	MORNING DOSE	AFTERNOON DOSE	EVENING DOSE	(PRESCRIPTION)
Days 1-3	(none)	(none)	300 mg	300 mg tabs
Days 4-7	300 mg	(none)	300 mg	
Days 8-10	300 mg	300 mg	300 mg	
Days 11-14	300 mg	300 mg	600 mg	
Week 3	600 mg	300 mg	600 mg	
Week 4	600 mg	600 mg	600 mg	
Week 5	600 mg	600 mg	900 mg	300 mg tabs 600 mg tabs
Week 6	900 mg	600 mg	900 mg	
Week 7	900 mg	900 mg	900 mg	
Week 8	900 mg	900 mg	1200 mg	
Week 9	1200 mg	900 mg	1200 mg	
Week 10	1200 mg	1200 mg	1200 mg	600 mg tabs

**DO YOUR BEST TO STICK WITH THIS SCHEDULE. IF YOU ARE UNABLE TO TOLERATE THIS MEDICATION, CALL YOUR HEALTHCARE PROVIDER.**

Please tell your healthcare provider about all medications that you use or any new medications that you are put on. These include prescription, over-the-counter, and herbal supplements.

A gradual increase in your medication is important to prevent unpleasant side effects.

### **SIDE EFFECTS**

Please get emergency medical help if you are having difficulty breathing; swelling of face, lips, tongue, or throat. Please call if you experience new or worsening side effects while on this medication.

Most common side effects: dry mouth, dizziness, upset stomach, headache, constipation, diarrhea, blurred vision, weakness, and loss of balance.

Do NOT drive or operate machinery until your dose is adjusted and you are comfortable with your dose.

These are general guidelines, call the office with any questions or concerns

**Do NOT stop this medication unless you talk with your healthcare provider. You may have unpleasant side effects if you stop the medication suddenly.**

**LET your healthcare provider know if you are planning to get pregnant!**

**Topiramate (DO NOT USE IF HX OF KIDNEY STONES)**

SCHEDULE	MORNING DOSE		EVENING DOSE	(PRESCRIPTION)
Week 1	(none)		25 mg	Gradual increase not to exceed 200mg twice per day.
Week 2	25 mg		25 mg	
Week 3	25mg		50mg	
Week 4	50mg		50mg	
Week 5	50mg		75mg	
Week 6 and beyond	75mg		75mg* call our office if you need to go higher than this dose	

**DO YOUR BEST TO STICK WITH THIS SCHEDULE. IF YOU ARE UNABLE TO TOLERATE THIS MEDICATION, CALL YOUR HEALTHCARE PROVIDER.**

**Stay at the dose where your pain is controlled. You do not need to go to maximum dose if your pain is under control.**

Please tell your healthcare provider about all medications that you use or any new medications that you are put on. These include prescription, over-the-counter, and herbal supplements.

A gradual increase in your medication is important to prevent unpleasant side effects.

Never increase your dose sooner than every 7 days.

**SIDE EFFECTS**

Please get emergency medical help if you are having difficulty breathing; swelling of face, lips, tongue, or throat. Please call if you experience new or worsening side effects while on this medication.

Most common side effects: dizziness, upset stomach, nightmares, diarrhea, blurred vision, decreased appetite, weight loss, altered taste, and feeling nervous.

Do NOT drive or operate machinery until your dose is adjusted and you are comfortable with your dose.

These are general guidelines, call the office with any questions or concerns

**Do NOT stop this medication unless you talk with your healthcare provider. You may have unpleasant side effects if you stop the medication suddenly.**

**LET your healthcare provider know if you are planning to get pregnant!**

**PREGABALIN for CHRONIC PAIN**

This medication can be taken in a twice daily regimen or a regimen that is three times per day.

**Twice daily regimen**

SCHEDULE	MORNING DOSE	EVENING DOSE	(PRESCRIPTION)
Week 1	(none)	50 mg	50 mg tabs, #150  Call GYN nurse for medication management
Week 2	50 mg	50 mg	
Week 3	50 mg	100 mg	
Week 4	100 mg	100 mg	
Week 5	100 mg	150 mg	
Week 6	150 mg	150 mg	
Week 7	150mg	200 mg	
Week 8	200mg	200 mg	
Week 9	200mg	250 mg	
Week 10	250mg	250 mg	
Week 11	250mg	300mg	
Week 12	300mg	300 mg	

**Three times per day regimen**

SCHEDULE	MORNING DOSE	AFTERNOON DOSE	EVENING DOSE	(PRESCRIPTION)
Week 1	(none)	(none)	50 mg	50 mg tabs #150
Week 2	50 mg	(none)	50 mg	
Week 3	50 mg	50	50mg	
Week 4	50 mg	50	100 mg	
Week 5	100 mg	50	100mg	
Week 6	100mg	100	100 mg	Call GYN Nurse for medication management
Week 7	100 mg	100mg	150 mg	
Week 8	150 mg	100 mg	150 mg	
Week 9	150 mg	150 mg	150 mg	
Week 10	150mg	150 mg	200 mg	
Week 11	200 mg	150 mg	200 mg	
Week 12	200 mg	200 mg	200 mg	

- A gradual increase in your medication is important to control and/or prevent adverse side effects: most commonly sedation, nausea, and mental confusion.
- If you are having trouble (bothersome side effects) on a given dose level, you should continue the current dose until you no longer have bothersome side-effects. Increase your dose to the next level only when you are comfortable with your current dose.

- Once you have reached a total of **300mg per day** for an entire week, call the office and let us know how you are doing.
  - We will continue to increase your dose until your pain is improved or until you cannot tolerate a further increase in dose, **YOU MAY NOT NEED TO REACH THE MAXIMUM ALLOWABLE DOSE**
  - The maximum dose allowed is 600 mg per day, not more than 200 mg in a single dose
  - Once you reach a stable dose, we will phone in a 30-day supply

### **SIDE EFFECTS**

- Pregabalin may cause peripheral edema, increased appetite, constipation, dizziness, headache, incoordination, somnolence, tremor, blurred vision, and mood changes.
- Do NOT drive or operate machinery until your dose is adjusted and you are comfortable with your dose
- Do NOT discontinue pregabalin unless you talk with your physician. You must slowly taper off pregabalin to avoid withdrawal.
- Please notify your healthcare provider of all medications that you are using, so that we can check for potential drug interactions.
- These are general guidelines, call the office with any questions or concerns

- **LET your healthcare provider know if you are planning to get pregnant!**

## Duloxetine hydrochloride for CHRONIC PAIN

WEEK	MORNING DOSE	EVENING DOSE
Week 1	20 or 30 mg	none
Week 2	20 or 30 mg	
Week 3	40 or 60 mg	
	Call Clinic	

**DO YOUR BEST TO STICK WITH THIS SCHEDULE. IF YOU ARE UNABLE TO TOLERATE THIS MEDICATION, CALL YOUR HEALTHCARE PROVIDER.**

Please tell your healthcare provider about all medications that you use or any new medications that you are put on. These include prescription, over-the-counter, and herbal supplements.

A gradual increase in your medication is important to prevent unpleasant side effects.

If you are depressed, talk with your health care provider about taking your dose twice daily (30 mg by mouth twice daily).

### **SIDE EFFECTS**

Please get emergency medical help if you are having difficulty breathing; swelling of face, lips, tongue, or throat. Please call if you experience new or worsening side effects while on this medication.

Most common side effects: dry mouth, dizziness, upset stomach, difficulty sleeping, constipation, diarrhea, blurred vision, decreased appetite, and discomfort with urination.

Do NOT drive or operate machinery until your dose is adjusted and you are comfortable with your dose.

These are general guidelines, call the office with any questions or concerns

**Do NOT stop this medication unless you talk with your healthcare provider. You may have unpleasant side effects if you stop the medication suddenly.**

**LET your healthcare provider know if you are planning to get pregnant!**

## Botulinum toxin A for vulvar injections

Dilute one vial of botulinum toxin A (Allergan) (100 units) in 4 cc of sterile

Preservative-free normal saline. Each 0.5 cc will have 12.5 units of Botox. I use multiple TB syringes. Use a 25 gauge needle.

I usually start with 100 units total for the first injection setting.

Put 25 units into each levator, injecting 0.5 cc at a time (aspirate to make sure no blood). You can inject through the perineum, close to bottom, on the labia majora and feel with your hand in the vagina that you are in the levators. That would be a total of 50 units used on both of the levator ani muscles.

Then place the other 50 units around the vestibule. Try to get right into the belly of muscle. Inject the vestibule, up to 50 units; so 4 injections are distributed around the vestibule. Go deep into the muscle (deep enough that you don't raise a bleb).

On repeat injections, 3 to 6 months apart if needed, you can increase to a total of 200 units if the response was not adequate with 100 units. You can put up to 75 units in each levator, injecting 0.5 cc at a time (150 units total), and 50 units into the vestibule.



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### Physical Therapy

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