

IASP Prescribing Recommendations for First-Line Medications for Neuropathic Pain

Medication	Starting dose	Titration	Max. dosage	Trial duration
$\alpha_2\delta$ ligands				
Gabapentin	100–300 mg at bedtime or tid	↑ by 100–300 mg tid every 1–7 days	3600 mg/day	3–8 weeks + 2 weeks at max. dose
Pregabalin	50 mg tid or 75 mg bid	↑ to 300 mg/day after 3–7 days, then by 150 mg/day every 3–7 days	600 mg/day	4 weeks
SNRIs				
Duloxetine	30 mg qd	↑ to 60 mg qd after 1 week	60 mg bid	4 weeks
Venlafaxine	37.5 mg qd	↑ by 75 mg e ach week	225 mg/day	4–6 weeks
TCAs (desipramine, nortriptyline)	25 mg at bedtime	↑ by 25 mg/day every 3–7 days	150 mg/day	6–8 weeks, with ≥2 weeks at max. tolerated dosage
Topical lidocaine	Max. 3 5% patches/day for 12 h max.	None needed	Max. 3 patches/day for 12–18 h max.	3 weeks

IASP = International Association for the Study of Pain; SNRI = serotonin-norepinephrine reuptake inhibitor; TCA = tricyclic antidepressant

Adapted from: Dworkin RH *et al.* *Mayo Clin Proc* 2010; 85(3 Suppl):S3-14.