

Please note this information leaflet should be read alongside any patient information leaflets provided by the manufacturer with the medication.

Why do I need the medication?

Amitriptyline is an antidepressant drug that has a pain relieving action. It is widely used to reduce the pain in doses that are usually much lower than those used for depression.

It is used successfully to treat back pain, neck pain and nerve pain. It has a number of beneficial effects in pain management, these include:

- reduction in severity of 'nerve' pain
- improvement in sleep
- reduction in muscle spasm
- reduction in feelings of anxiety and stress

How does Amitriptyline work?

Amitriptyline works by increasing the amount of specific nerve transmitters in the nervous system, reducing pain messages arriving in the brain.

How do I take the medication?

Please follow the dosing regime given here. If you experience any side effects go back to the previous dose and wait a few days before increasing the dose again. Only increase to the next step if you are still experiencing your usual pain symptoms

Amitriptyline will need to be taken for 4–6 weeks before you can judge if it has been beneficial.

Week	Evening
1	10mg
2	20mg
3	30mg
4	40mg
5	50mg

What are the possible side effects of the medication?

- Dry mouth
- Drowsiness
- Dizziness
- Morning lethargy

The side effects usually wear off after a few days. If you feel drowsy in the mornings take the tablet earlier in the previous evening. If you are working, it is useful to start taking it at the weekend so that the initial drowsiness will not interfere with your working week.

Who should I contact if I need further information?

You should contact DHC on:

01306 735459