



Gabapentin (Neurontin)

The medication Gabapentin (**Neurontin**) used to treat seizure disorders. Many people have found it helpful for reducing anxiety and lessening mood swings. Although not specifically indicated for such conditions, it is used because both doctors and patients have found it helpful.

Although Neurontin can be very helpful, it can cause some side effects that you should know of before accepting treatment with it. These include **fatigue, sedation, and dizziness**. These side effects most often occur with initial treatment with Neurontin and can be managed. Yet sometimes they continue and require talking with your provider, who may stop the medication.

The beneficial effect of Neurontin can sometimes take 10-14 days to be appreciated, and sometimes longer. Generally if no effect is felt after 4 weeks you should speak to your provider.

Neurontin is generally safe with other medications. But as with all medications, please let your provider know if you are engaged in other treatments. Neurontin's effectiveness can be reduced if you use antacids. You should take Neurontin about two hours after using an antacid.

Of course there are alternative ways to improve mood which include:

- exercise**
- good sleep habits**
- good eating habits**
- yoga**
- a hobby**
- visiting with family or friends**

If you have further questions about this medication, please ask your medical provider or your pharmacist.

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