



# Talking to Your Doctor About Fibromyalgia Pain

## HOW TO USE THIS GUIDE

1. **Fill out** this guide as much as possible.
2. **Bring** it to your next appointment and share it with your doctor.
3. **Talk** to your doctor about appropriate treatment options and ask if LYRICA might be right for you.

**Follow these steps to help start a conversation with your doctor to find an appropriate treatment plan for you.**

**How long have you been experiencing fibromyalgia pain?**

\_\_\_\_\_ Months      \_\_\_\_\_ Years

**How often do you experience this pain?**

Daily     Weekly     Monthly     Varies

**In what parts of the body do you feel pain?**

Jaw     Neck & shoulders     Back  
 Chest & abdomen     Arms & legs     Hips

**Do you experience any of the following symptoms?**

Select all that apply.

- Pain & stiffness all over the body     Fatigue & tiredness     Depression & anxiety     Sleep problems  
 Problems with thinking, memory, & concentration     Headaches, including migraines

**GUIDE CONTINUED ON NEXT PAGE** →

## Indications

LYRICA is indicated to treat fibromyalgia, diabetic nerve pain, spinal cord injury nerve pain, and pain after shingles in adult patients. LYRICA is also indicated to treat partial-onset seizures in patients 1 month of age and older with epilepsy who take 1 or more other drugs for seizures.

## Important Safety Information

**LYRICA is not for everyone.** LYRICA may cause serious, even life-threatening, allergic reactions. Stop taking LYRICA and call your doctor right away if you have any signs of a serious allergic reaction. Some signs are swelling of your face, mouth, lips, gums, tongue, throat or neck, if you have any trouble breathing, or have a rash, hives, or blisters.

Drugs used to treat seizures increase the risk of suicidal thoughts or behavior. LYRICA may cause suicidal thoughts or actions in a very small number of people, about 1 in 500. Patients, family members, or caregivers should call the doctor right away if they notice suicidal thoughts or actions, thoughts of self-harm, or any unusual changes in mood or behavior. These changes may include new or worsening depression, anxiety, restlessness, trouble sleeping, panic attacks, anger, irritability, agitation, aggression, dangerous impulses or violence, or extreme increases in activity or talking. If you have suicidal thoughts or actions, do not stop LYRICA without first talking to your doctor.

Please see continued Important Safety Information on next page and [Full Prescribing Information and Medication Guide](#).

How would you rate your most recent pain?

0 1 2 3 4 5 6 7 8 9 10

NO PAIN MOST SEVERE PAIN

In the last 4 weeks, has your pain interfered with your ability to do any of the following things?

Select all that apply.

- Sleep  Concentrate  Family responsibilities  Work  Household chores
- Social activities  Other: \_\_\_\_\_

### Important Safety Information (continued)

Serious breathing problems can occur when LYRICA is taken with other medicines that can cause severe sleepiness or decreased awareness, or when it is taken by someone who already has breathing problems. Watch for increased sleepiness or decreased breathing when starting LYRICA or when the dose is increased. Get help right away if breathing problems occur.

LYRICA® (pregabalin) may cause swelling of your hands, legs, and feet, which can be serious for people with heart problems. LYRICA may cause dizziness and sleepiness. You should not drive or work with machines until you know how LYRICA affects you. Also, tell your doctor right away about muscle pain or problems along with feeling sick and feverish, or any changes in your eyesight, including blurry vision or if you have any kidney problems or get dialysis.

Tell your doctor immediately if you are taking opioid painkillers (such as oxycodone), or medicines for anxiety (such as lorazepam) or insomnia (such as zolpidem). You may have a higher chance for dizziness, sleepiness or serious breathing problems if these medicines are taken with LYRICA. Taking LYRICA with opioid pain medicines may lead to death.

Some of the most common side effects of LYRICA are dizziness, blurry vision, weight gain, sleepiness, trouble concentrating, swelling of your hands and feet, dry mouth, and feeling "high." If you have diabetes, tell your doctor about any skin sores.

You may have a higher chance for swelling and hives if you are also taking angiotensin-converting enzyme (ACE) inhibitors, so tell your doctor if you are taking these medications. You may have a higher chance of swelling of your hands or feet or gaining weight if you are also taking certain diabetes medicines. Do not drink alcohol while on LYRICA. You may have a higher chance for dizziness and sleepiness if you take LYRICA with alcohol, narcotic pain medicines, or medicines for anxiety.

Before you start LYRICA, tell your doctor if you are planning to father a child, if you are pregnant, or plan to become pregnant. Breastfeeding is not recommended while taking LYRICA. If you have had a drug or alcohol problem, you may be more likely to misuse LYRICA.

In studies, a specific type of blood vessel tumor was seen in mice. The meaning of these findings in humans is not known.

Do not stop taking LYRICA without talking to your doctor. If you stop suddenly, you may have headaches, nausea, diarrhea, trouble sleeping, increased sweating, or you may feel anxious. If you have epilepsy, you may have seizures more often.

LYRICA is available in doses ranging from 25 mg to 300 mg and as a 20 mg/mL oral solution.

LYRICA is FDA approved for the management of fibromyalgia pain.

Ask your doctor if LYRICA might be right for you.

Please see additional Important Safety Information and Indications on previous page and [Full Prescribing Information and Medication Guide](#).

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