



## Topiramate (Topamax®) Patient Information

### What is this medicine used for?

Topiramate is used to relieve pain from the nerves, from the spinal cord, or from the brain. Nerve pain may be associated with shingles (herpes zoster), diabetic neuropathy, peripheral neuropathy, sciatica, trigeminal neuralgia and other conditions. Topiramate is also used in the management of certain types of seizures in adults and children with epilepsy, and it is commonly used to manage migraine headaches.

### How do I take this medicine?

Use topiramate regularly in order to get the most benefit from it. It will take several weeks of regular use at an adequate dose in order to see changes in pain control. Topiramate works best if it is taken at evenly spaced intervals approximately 12 hours apart (i.e. 8AM & 8PM).

Topiramate may be taken with or without food. If you take antacids containing aluminum or magnesium they may interfere with the absorption of topiramate. Therefore it is best to take topiramate 2 hours before or 2 hours after you take the antacid.

Do not suddenly stop taking topiramate because this may cause uncomfortable side effects or seizures. Your dose may need to be gradually decreased if topiramate is to be stopped.

Your dose will be gradually increased so your body can adjust to the medication.

### What if I miss a dose?

If you miss a dose, take it as soon as you remember. If it is almost time for your next dose, skip the missed dose and take the next one as directed. Do not take double doses.

### What are the possible side effects?

Topiramate may cause loss of appetite, weight loss, paresthesias, drowsiness, dizziness, irritability, fatigue, vision changes, mood swings, rash, nausea, or constipation. Other rare side effects include: acute glaucoma, blindness, kidney stones, hyperthermia, suicidal thoughts. If you are pregnant, notify your doctor immediately.

This is not a complete list of possible side effects. If you notice other effects not listed above, contact your pharmacist or call Pittsburgh Pain Physicians at 412-533-2202 immediately. Remember that your doctor has prescribed topiramate because he has judged that the benefit to you is greater than the risk of side effects. Most people using topiramate do not have serious side effects.

### Where should I store this medicine?

Store at room temperature away from light and moisture. Do not store in the bathroom.

### YOUR PRESCRIBED TOPIRAMATE WEEKLY TITRATION SCHEDULE (TOPIRAMATE \_\_\_\_\_ MG TABS)

	Morning	Night		Morning	Night
<b>Week 1</b>			<b>Week 5</b>		
<b>Week 2</b>			<b>Week 6</b>		
<b>Week 3</b>			<b>Week 7</b>		
<b>Week 4</b>			<b>Week 8</b>		

