

USE WITH CAUTION.

Risks: Pregabalin is a CNS-active drug associated with sedation, dizziness, and increased risk of falls, particularly in frail older adults. Concomitant use with other CNS depressants such as sedative antidepressants, antipsychotics, benzodiazepines, opioids, or skeletal muscle relaxants further increases the likelihood of falls, fractures, and cognitive decline.

Risk monitoring: Monitor for sedation, balance disturbances, confusion, and falls, especially at treatment initiation or during dose escalation. Regularly review the need for therapy and reassess the benefit–risk balance in polypharmacy.

Dose adjustment: No specific dose adjustment for frailty. Use the lowest effective dose and titrate slowly, considering renal function and overall CNS drug burden.

Recommendation:

Use with caution in frail older adults. Listed in STOPPFall 2021 as a CNS-active drug increasing risk of falls and in Beers 2023 as interacting with opioids due to risk of severe sedation or respiratory depression. Avoid combination with three or more CNS-active drugs and reconsider off-label use outside neuropathic pain.