

USE WITH CAUTION.

Risks: Gabapentin is a CNS-active drug associated with sedation, dizziness, and an increased risk of falls, particularly in frail older adults. The risk is amplified when used together with other CNS depressants such as antidepressants, antipsychotics, benzodiazepines, opioids, or skeletal muscle relaxants, leading to a higher likelihood of falls, fractures, and cognitive impairment.

Risk monitoring: Monitor for sedation, confusion, gait instability, and falls, especially after dose increases or when used in combination with other medications. Reassess therapy regularly and consider deprescribing if risks outweigh benefits.

Dose adjustment: No specific dose adjustment is required for frailty, but start at the lowest effective dose and titrate slowly, considering renal function and the cumulative CNS burden.

Recommendation:

Use with caution in frail older adults. Listed in STOPPFall 2021 as a CNS-active medication that increases fall risk and in Beers 2023 as interacting with opioids due to the potential for severe sedation and respiratory depression. Avoid combining with three or more CNS-active agents and reconsider off-label use outside neuropathic pain.