

Fibromyalgia: Pregabalin may be effective but may need > 150 mg/day

A 2025 Tools for Practice review<sup>1</sup> noted that about 40% of people with fibromyalgia on pregabalin 300-600mg/day experience a meaningful reduction in pain (pain reduced by  $\geq 30\%$ ) versus 30% on placebo at 8-14 weeks.

Lower doses (example: 150mg) may not be effective; however, higher doses cause more harm, with up to ~30% of people stopping due to side effects (versus 10% on placebo).

Based on one small randomised, controlled trial (RCT), gabapentin is also effective.  
Reference:

1. [Pharm for Fibro, Round 2: Can gabapentinoids ease the pain?](#) Tools for Practice #381

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