



Pharmacological Treatments: First Step: Analgesics:
 Aspirin (325 mg up to 1300 mg/day); or Acetaminophen (325-1000 mg/day); or Ibuprofen (200-800 mg/day); or Naproxen (250-500 mg/day)
 (Medications may be prescribed alone or in combination with non-pharmaceutical therapies. If treatments are for PTH medications may be administered with caffeine. ² **(NB: avoid opioids at this stage)**)

Treatments with analgesics show little to no benefit

Second step: Antidepressants & Anticonvulsants
 Antidepressants: Amitriptyline, Fluoxetine, Duloxetine, Paroxetine, Venlafaxine, Nortriptyline (Gould 2007)
 Anticonvulsants (antiepileptic): Gabapentin, Pregabalin, Carbamazepine, Valproic Acid, Oxcarbazepine

Treatments with antidepressants or anticonvulsants show little to no benefit

Third step: Opioids or Cannabinoids
 Opioids (such as trazadone, morphine or oxycodone) or cannabinoids, may be given if all else has been tried and found to be ineffective; however, it should be limited to patients where pain is causing significant suffering and disability, the dose must be kept to the lowest possible dose, it is unreasonable to expect full pain relief and careful monitoring of patients is critical. **If there is a history of addiction (alcohol or drugs) the prescribing of opioids is not recommended.**

Treatment effective: YES;
 monitor symptoms and side effects