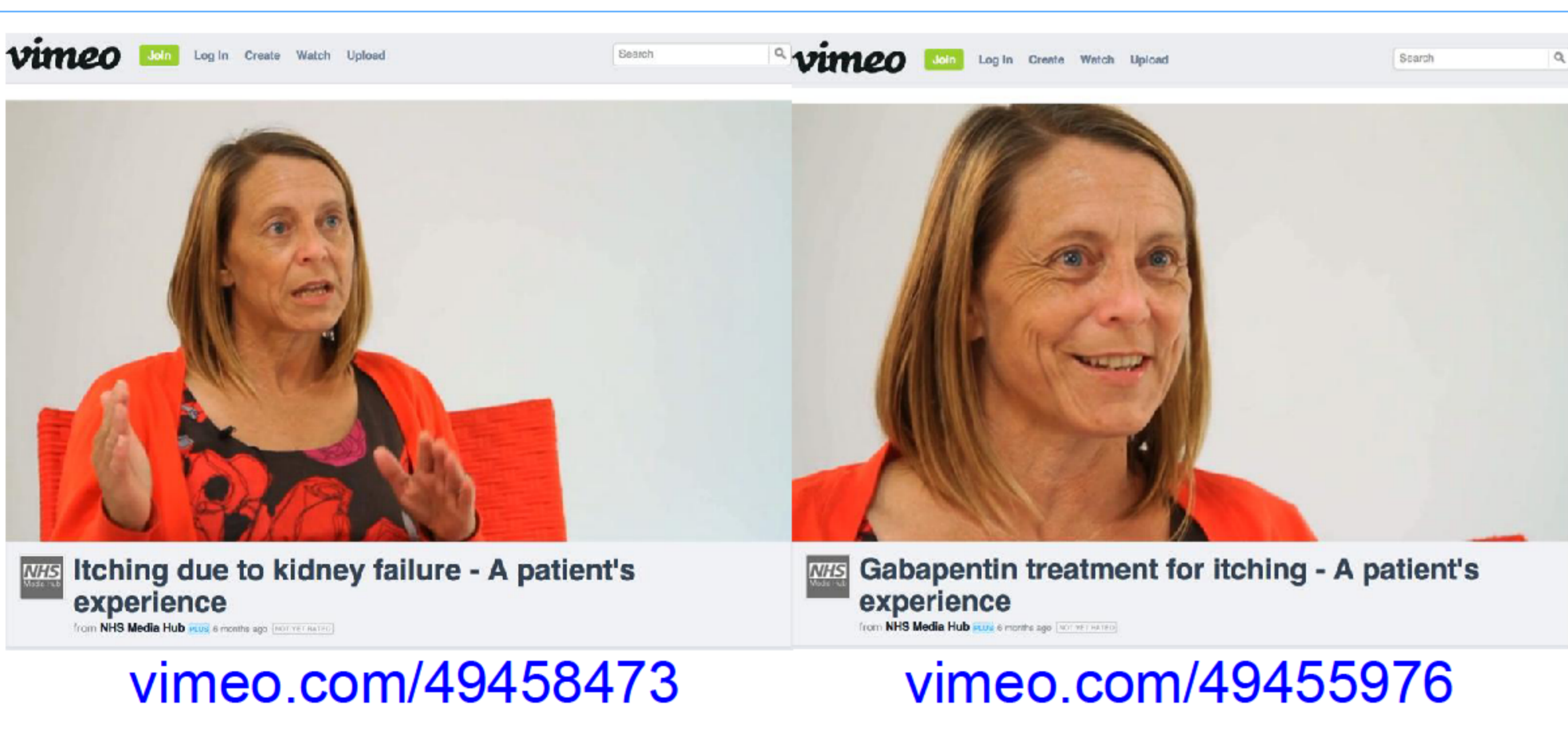
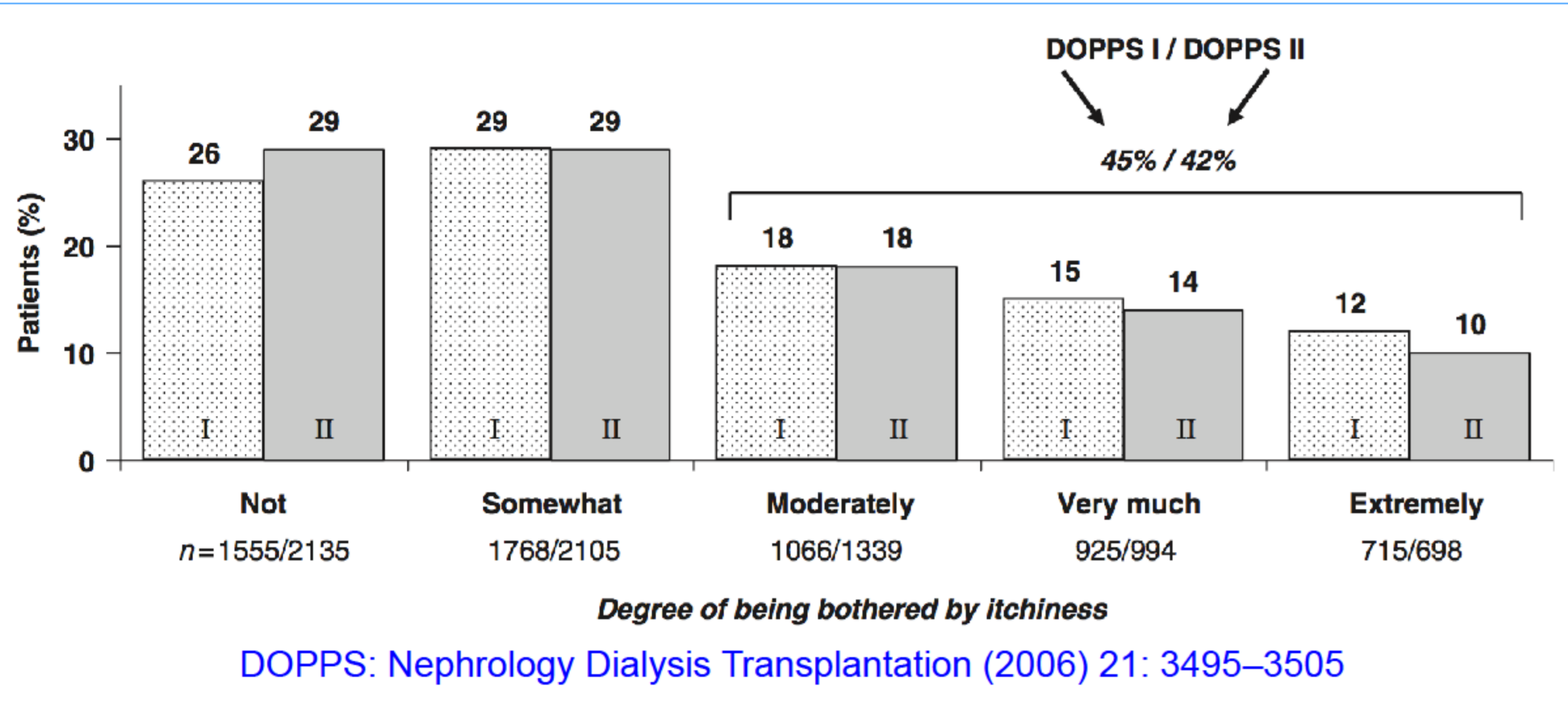


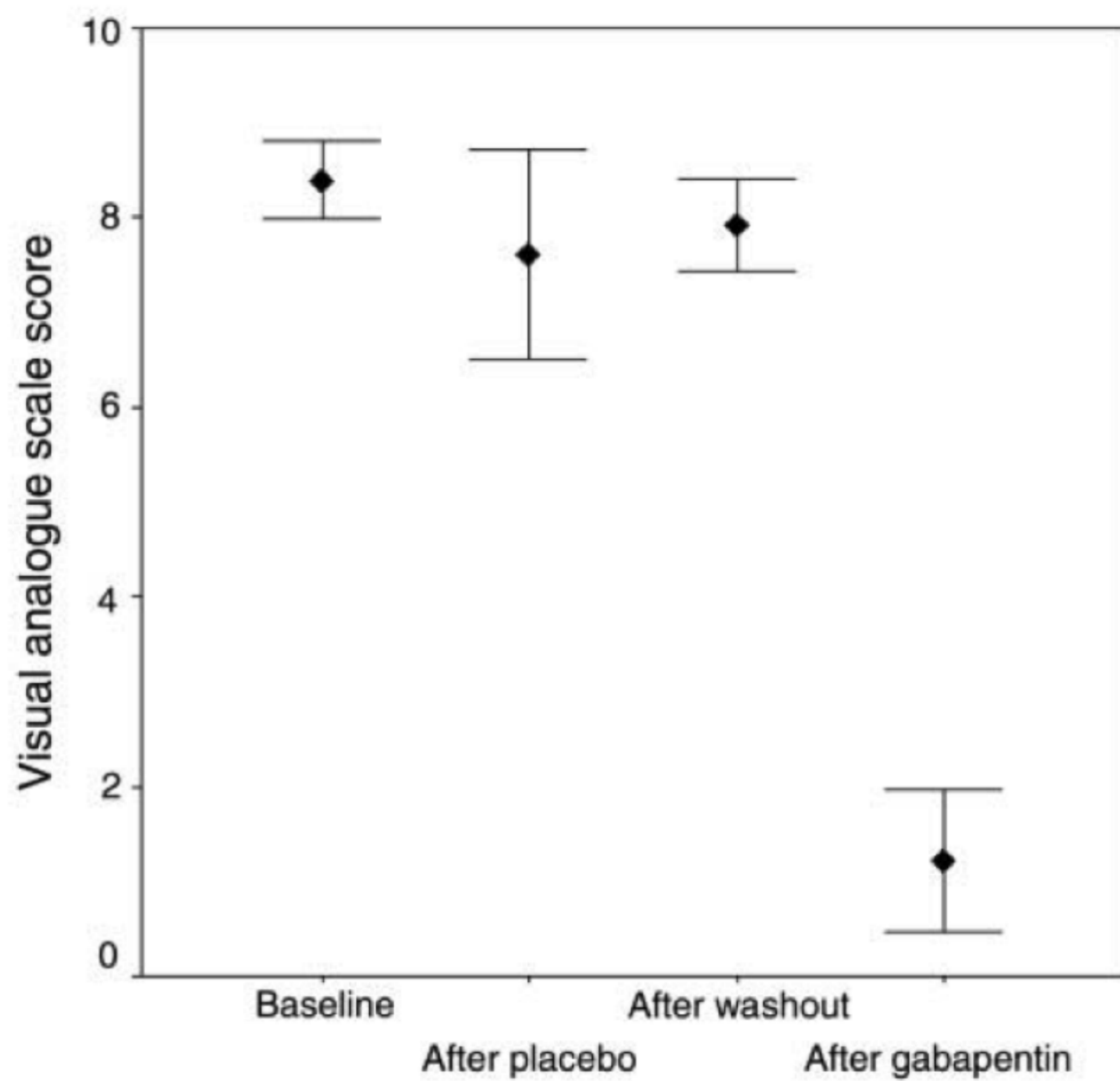
# URAEMIC PRURITUS: RELIEF OF ITCHING BY GABAPENTIN AND PREGABALIN IN 85% OF CONSECUTIVELY-TREATED PATIENTS

Hugh Rayner, Jyoti Baharani, Steve Smith, Vijayan Suresh, Indranil Dasgupta  
Heart of England NHS Foundation Trust, Bordesley Green East, Birmingham B9 5SS, UK

## ITCHING IS COMMON AND SERIOUS



## RANDOMISED CONTROLLED TRIAL EVIDENCE



Gunal AI, Ozalp G, Yoldas TK, Gunal SY, Kirciman E, Celiker H.  
Gabapentin therapy for pruritus in haemodialysis patients: a randomized, placebo-controlled, double-blind trial.  
Nephrol Dial Transplant. 2004 Dec;19(12):3137-9

## SUMMARY OF OUR EXPERIENCE

Gabapentin or pregabalin relieved itching in 85% of 71 consecutively-treated CKD patients

Itch severity out of 10 reduced from 8 to 1

Patients intolerant of gabapentin may tolerate pregabalin

Patients should be advised about side-effects and the drug initiated at a low dose

## RESULTS FROM 71 PATIENTS

### ALL PATIENTS STARTED GABAPENTIN

Table 1. Details of patients treated with gabapentin.

GABAPENTIN	CKD	HD	PD
Number of patients	25	40	6
M:F	15:10	31:9	6:0
Age - years median (range)	74 (33-90)	64 (35-88)	65 (42-80)
eGFR - ml/min/1.73m <sup>2</sup> median (range)	17 (9-30)	N/A	N/A
Duration of RRT - months median (range)	N/A	22 (1-324)	15 (5-88)
Serum Ca (albumin-corrected) - mg/dl, mmol/l median (range)	9.44 (8.60-10.48) 2.36 (2.15-2.62)	9.78 (7.16-11.52) 2.45 (1.79-2.88)	10.32 (9.36-10.40) 2.59 (2.34-2.68)
Serum phosphate - mmol/l median (range)	4.37 (3.00-6.04) 1.41 (0.97-1.95)	4.75 (2.2-8.85) 1.54 (0.71-2.86)	4.58 (2.91-5.73) 1.49 (0.94-1.86)
PTH - pg/ml median (range)	213 (27-509)	230 (3-1166)	472 (14-713)
Duration of itching - months median (range)	7 (2-72)	6 (0.5 - 240)	2 (1-30)
Severity of itch median (max = 10)	8 (6-10)	9 (6-10)	8 (7-10)
Sleep disturbance - yes (%)	21 (84%)	35 (88%)	6 (100%)
Bleeding from scratching - yes (%)	15 (60%)	26 (65%)	6 (100%)
Previous antihistamines - yes (%)	19 (76%)	23 (58%)	3 (50%)
Itch response: 1) Side effects - gabapentin stopped 2) No reduction of itch - gabapentin stopped 3) Significant reduction of itch: n	10:2:13	8:1:31	3:0:3
Final dose of gabapentin	13@100mg od 4@100mg bd 5@200mg od 2@300mg od (1 missing)	13@100mg after dialysis 2@300mg after dialysis 1@400mg after dialysis 11@100mg daily 6@200mg daily 5@300mg daily 1@400mg daily 1@900mg daily	3@100mg od 1@200mg od 1@300mg od 1@200mg 2 weekly
Length of follow up: months median (range)	1 (1-4)	2.5 (1-8)	1 (1-5)

### SOME PATIENTS INTOLERANT OF GABAPENTIN TRIED PREGABALIN

Table 2. Details of patients treated with pregabalin.

PREGABALIN	CKD	HD	PD
Number of patients	6	6	3
Itch response: 1) Side effects - pregabalin stopped 2) No reduction of itch - pregabalin stopped 3) Significant reduction of itch: n	1:1:4	0:0:6	0:0:3
Final dose of pregabalin	2@25mg od 1@50mg od 2@75mg od 1@75mg bd	1@25mg after dialysis 2@25mg od 3@50mg od	1@25mg od 1@25mg bd 1@50mg od
Length of follow up: months median (range)	1 (1-4)	2 (1-4)	2 (1-3)

## REFERENCE

Rayner H, Baharani J, Smith S, Suresh V, Dasgupta I.  
Uraemic Pruritus: Relief of Itching by Gabapentin and Pregabalin. Nephron Clinical Practice 2012;122:75-79

