

Table 4**Management of pain in diabetic neuropathy**

Medication	Initial dose	NNT for 50% pain reduction ²⁸	Titration	Comments	Duration of trial
Amitriptyline	10 mg nocte	3.6	Increased every 3-7 days as tolerated to maximum 100 mg	Morning sedation/hangover effect can be negated by taking earlier in the evening e.g. 7pm	6-8 weeks with at least 2 weeks at maximum tolerated dose
Nortriptyline	10 mg nocte	3.6	Increased every 3-7 days as tolerated to 75 mg maximum (50 mg elderly)	Potentially better tolerated in the elderly	6-8 weeks with at least 2 weeks at maximum tolerated dose
Duloxetine	30 mg OD	6.4	Increase weekly to 60 mg BD maximum	GI upset common	4 weeks
Gabapentin	100 mg TDS or 300 mg nocte	7.2	Increased weekly by 300 mg/day to maximum 3600 mg daily	Lower doses required in elderly and renal impairment	3-8 weeks for titration followed by 2 weeks at maximum tolerated dose
Pregabalin	75 mg BD	7.7	Increased weekly by 150 mg/day to 600 mg/day maximum	More linear absorption profile compared with gabapentin. Similar side effects of sedation and weight gain	4 weeks
Carbamazepine	100 mg daily	—	Increase weekly by 200 mg/day. 1600 mg/day total	Leucopaenia (10%), with neutropaenia in 1-10%	6-8 weeks