



Pediatric Anesthesia & Pain Management

(650) 723-5728

Mexiletine Therapy

[Elliot Krane, M.D.](#)

Mexiletine Therapy

Introduction

Start with a blinded IV infusion of saline, then lidocaine, then saline again. The lido dose should be about 15 mcg/kg/min. If there is improvement in the pain with the lidocaine but not placebo, then the patient is a candidate for mexiletine.

Mexiletine is available in tablets of 150, 200, 250 mg. We use the 150 size for most children, 200 size for large adolescents.

Dosing protocol

Days 1-3: 1 tab h.s.

Days 4-6: 1 tab in morning, 1 tab h.s.

Days 7-9: 1 tab morning, noon, h.s.

Days 10-13: 1 tab morning, noon and 2 tabs h.s.

Days 14-17: 2 tabs morning, 1 tab noon, 2 tabs h.s.

Days 18-: 2 tabs morning, noon, h.s.

Side effects

Nausea, vomiting, sleepiness, confusion, difficulty concentrating, diplopia, blurry vision, difficulty walking, ataxia.

If any side effects develop, stop increasing medication; if mexiletine had been effective in treating pain, drop back to the last dose schedule that did not cause s.e.'s. If not effective, discontinue altogether.

At end of treatment period, may stop without weaning.

You may print the following to give to your patients:

Mexiletine Therapy

division of

Pediatric Anesthesia & Pain Management

Lucile Salter Packard Children's Hospital

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You have been prescribed Mexilitine 150mg 200mg 250 mg (circle one).

DAY	DATE	MORNING	MID-DAY	BED-TIME
1				1 Tablet
2				1 Tablet
3				1 Tablet
4		1 Tablet		1 Tablet
5		1 Tablet		1 Tablet
6		1 Tablet		1 Tablet
7		1 Tablet	1 Tablet	1 Tablet
8		1 Tablet	1 Tablet	1 Tablet
9		1 Tablet	1 Tablet	1 Tablet
10		1 Tablet	1 Tablet	2 Tablets
11		1 Tablet	1 Tablet	2 Tablets
12		1 Tablet	1 Tablet	2 Tablets
13		1 Tablet	1 Tablet	2 Tablets
14		2 Tablets	1 Tablet	2 Tablets
15		2 Tablets	1 Tablet	2 Tablets
16		2 Tablets	1 Tablet	2 Tablets
17		2 Tablets	1 Tablet	2 Tablets
18+		2 Tablets	2 Tablets	2 Tablets

Common Side Effects:

Nausea, vomiting, sleepiness, confusion, difficulty concentrating, double vision, blurry vision, difficulty walking, clumsiness.

If any side effects develop, stop increasing the medication; if mexiletine has been effective in treating pain, drop back to the last dose schedule that did not cause side effects. If it was not effective before the development of side effects, stop the medication.

PATIENTS TAKING MEXILETINE SHOULD NOT DRINK ALCOHOLIC BEVERAGES OR USE OTHER PAIN OR SEDATIVE MEDICATION WITHOUT THE KNOWLEDGE OF THE PAIN MANAGEMENT SERVICE.