

Gabapentin (Neurontin)

Type	Safety	Efficacy	Recommended?
			
Pharmaceutical	Some potential for harm	Evidence of no effect	No

In detail:

Claims for treatment	That anticonvulsants potentially reduce central auditory hyperactivity that may be related to tinnitus ¹ .
What is the treatment?	Gabapentin is taken in pill or capsule form.
What are the downsides of this treatment?	Common side effects from clinical trials included nausea, dizziness, headache, tiredness ² .
Has there been research into this treatment?	Yes, although very few ³⁻⁶ .
What does the research say?	There is no evidence to show that gabapentin has a large positive effect in the treatment of tinnitus ² . One study showed treatment with gabapentin led to an increase in tinnitus ³ . A different study showed no differences on the Tinnitus Handicap Inventory compared to placebo ⁴ .
How high quality is the research?*	A

Tinnitus UK try very hard to make sure our information is right, but this information should not be taken as medical advice. You should always check with your doctor before trying any tinnitus treatment.

Tinnitus UK's opinion on this treatment:	There is no evidence to show that anticonvulsants have an impact on tinnitus. Side effects were experienced by 18% of patients in the trials reviewed ¹ .
Would Tinnitus UK support further studies into this treatment?	Yes, provided study is of high quality.
Comments	Studies seldom used appropriate outcome measures and had high risk of bias.

* A = Systematic review/meta analysis. B = Randomised control studies. C = Cohort studies. D = Case control studies. E = case studies/reports. +/- to be used to indicate quality within bands

For further information

The Tinnitus UK Tinnitus Support Team can answer your questions on any tinnitus related topics:

Telephone **0800 018 0527**
 Web chat **tinnitus.org.uk**
 Email **helpline@tinnitus.org.uk**
 Text/SMS **07537 416841**

We also offer a free tinnitus e-learning programme, Take on Tinnitus at takeontinnitus.co.uk

References

All online references accessed 1 November 2022 unless noted.

1. Tunkel DE, Bauer CA, Sun GH, et al. Clinical Practice Guideline: Tinnitus. *Otolaryngology-Head and Neck Surgery*. (2014) 151(2_suppl): S1-S40. doi:10.1177/0194599814545325
2. Hoekstra CEL, Rynja SP, van Zanten

GA, Rovers MM. Anticonvulsants for tinnitus. *Cochrane Database of Systematic Reviews* (2011) Issue 7. Art. No.: CD007960. DOI: 10.1002/14651858.CD007960.pub2.

3. Bakhshae M, Ghasemi M, Azarpazhooh M, Khadivi E, Rezaei S, Shakeri M, et al. Gabapentin effectiveness on the sensation of subjective idiopathic tinnitus: a pilot study. *European Archives of Oto-Rhino-Laryngology* (2007) 265(5):525-30.

4. Witsell DL, Hannley MT, Stinnet S, Tucci DL. Treatment of tinnitus with gabapentin: a pilot study. *Otology & Neurotology* (2006);28:11-5.

5. Dehkordi, MA, Abolbashari, S, Taheri, R, Einolghozati, S. Efficacy of gabapentin on subjective idiopathic tinnitus: a randomized, double-blind, placebo-controlled trial. *Ear Nose Throat Journal*. (2011) 90:150-158.

6. Piccirillo JF, Finnell J, Vlahiotis A, Chole RA, Spitznagel E. Relief of idiopathic subjective tinnitus. *Archives of Otolaryngology-Head and Neck Surgery* (2007);133:390-7.

Tinnitus UK try very hard to make sure our information is right, but this information should not be taken as medical advice. You should always check with your doctor before trying any tinnitus treatment.

Feedback

We welcome feedback on all our information.

You can pass your comments to our Communications Team by calling us on **0114 250 9933**, emailing **communications@tinnitus.org.uk** or by writing to us at the address below.

Document information

Author	Nic Wray
Version	2.1
Issue date	November 2022
Review date	November 2025
© Tinnitus UK	



Tinnitus UK

Ground Floor, Unit 5, Acorn Business Park, Woodseats Close, Sheffield S8 0TB
Email **helpline@tinnitus.org.uk**
Helpline **0800 018 0527**
Text/SMS **07537 416841**
Website **tinnitus.org.uk**

Tinnitus UK. Registered charity no: 1011145 | Registered in England | Company limited by guarantee no: 2709302

Tinnitus UK try very hard to make sure our information is right, but this information should not be taken as medical advice. You should always check with your doctor before trying any tinnitus treatment.