



Low Dose Naltrexone (LDN) – patient information

What is Low Dose Naltrexone (LDN)?

Low Dose Naltrexone (LDN) refers to daily dosages of naltrexone that are roughly one-tenth (10%) of the recommended opioid addiction treatment dosage regime. Naltrexone belongs to a class of medications known as opiate antagonists. This class of medications block the effects of other opioid drugs. While it is used in the treatment of opioid addiction and detoxification, the role of naltrexone in chronic pain is at a significantly lower dose than the indications for opioid detoxification.

How is it used in chronic pain?

Clinical research has shown that LDN can be a novel anti-inflammatory treatment for chronic pain conditions that are suspected to be associated with an inflammatory process. At the low dosage level, it has shown to have properties including analgesia (pain relief) and anti-inflammatory actions. These properties are not shown to exist at higher dosage levels. LDN is used in chronic pain for to limit the symptom severity of conditions including but not limited to:

- Fibromyalgia (FMS)
- Crohn's disease
- Multiple sclerosis (MS)
- Complex Regional Pain Syndrome (CRPS)
- Auto-immune disorders
- Persistent migraines

How is LDN prepared?

LDN is recommended to your general practitioner and/or prescribed by your chronic pain specialist. The prescription has to be taken to a compounding pharmacist who will be able to dispense this to you.

What is the recommended dosage?

The following table is the recommended dosage when considering LDN.

Support services

Chronic Pain Australia offers support and advice to people and their families with persistent pain <http://www.chronicpinaustralia.org/>

Low dose naltrexone (2mg/ml – 160mls)
1ml daily for 2 weeks
Then (if no benefit to symptoms)
2 mls daily for 2 weeks
Then (if no benefit to symptoms)
3 mls daily to a maximum of 5mls (10mg) and trial for 2-3 months
Monitor weekly in conjunction with your general practitioner