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To: Texas Workers' Compensation System Participants

From: Graves Owen, M.D., Medical Advisor

Date: December 11, 2025

Subject: Finalized Gabapentin or Pregabalin with Opioids Executive Summary

On November 15, 2023, the Texas Department of Insurance, Division of Workers' Compensation (DWC) announced an audit of the prescribing practices of health care providers when prescribing [Gabapentin or Pregabalin](#) in combination with opioids. Additionally, DWC has posted an [executive summary](#) with the overall assessment of this completed audit, including a summary of findings to promote evidence-based medical practices and support the educational guidance to health care providers and injured employees in Texas.

The purpose of the audit was to promote quality, cost-effective care that protects injured employees while ensuring prescribing practitioners follow Official Disability Guidelines (ODG) and accepted standards when using Gabapentin or Pregabalin with opioids. It also aimed to confirm that such prescribing was supported by appropriate clinical decision making and documentation, ultimately improving return-to-work outcomes, quality of life, and preventing unnecessary disability.

We found no issues requiring referral to Enforcement but did identify opportunities to improve prescribing practices and alignment with ODG. Evidence indicates limited benefit and increased side effects with Gabapentin and Pregabalin, and both ODG and Centers for Disease Control urge caution when these medications are used with opioids. No evidence supports an opioid-sparing effect.

If you have any questions, contact Jennifer Self at [Jennifer.Self@tdi.texas.gov](mailto:Jennifer.Self@tdi.texas.gov) or 512-804-4852.