

Information about changes to medicines or treatments on the NHS: **Changes to Tramacet® prescribing (Paracetamol and tramadol combination product)**

The NHS will be asking doctors to stop or greatly reduce the prescribing of some medicines from December 2017. This is because the medicines are:

- Not as safe as other medicines OR
- Not as good (effective) as other medicines OR
- More expensive than other medicines that do the same thing.

One of these medicines is Tramacet®.

This document will explain why the changes are happening and where you can get more information and support.

Why does the NHS want to reduce prescribing of Tramacet®?

Tramacet® contains two painkillers, tramadol and paracetamol. The amount of paracetamol and tramadol in each Tramacet® tablet is less than the amount in standard paracetamol tablets and standard tramadol tablets and these are lower than the doses which are known to work.

Tramacet® does not work any better than other similar painkillers in the treatment of short- or long-term pain and it is more expensive, so it is not good value for money.

What options are available instead of Tramacet®?

There are several alternative painkillers to Tramacet®. Your doctor will discuss the options available so that you can come to a joint decision about what's best to relieve your pain.

What do I do if my medicine has been changed and it's causing me problems?

If you have problems with your new painkiller you can speak to your doctor about this.

Painkillers usually only reduce pain by 30% to 50%, so your doctor can talk to you about other things you can do to help manage your pain such as massage, ice or heat therapy or gentle exercise.

Where can I find more information and support?

- You can speak to your local pharmacist, GP or the person who prescribed the medication to you
- National and local charities can offer advice and support, for example:
 - Pain Concern: 0300 123 0789 <http://painconcern.org.uk/>
 - Pain UK: <https://painuk.org>
- The Patients Association can also offer support and advice: <https://www.patients-association.org.uk/> or call 020 8423 8999
- Healthwatch: www.healthwatch.co.uk

Find out more about the medicines that are being stopped or reduced:
<https://www.england.nhs.uk/medicines/items-which-should-not-be-routinely-prescribed/>

If you have any questions about Tramacet® prescribing please email them to: england.medicines@nhs.net

This leaflet has been developed by PrescQIPP and adapted for South East London, see [here](#). Last accessed 13.08.18

South East London Area Prescribing Committee. A partnership between NHS organisations in South East London: Bexley/ Bromley/ Greenwich/ Lambeth/ Lewisham & Southwark Clinical Commissioning Groups (CCGs) & GSTFT/KCH/SLAM/Oxleas NHS Foundation Trusts & Lewisham & Greenwich NHS Trust

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