

**South East London Area Prescribing Committee  
Trimipramine for depression  
Position Statement, August 2018**

<b>Reference:</b>	<b>PS-010</b>
<b>Intervention:</b>	<b>Prescribing of trimipramine for depression</b>
<b>Date of Decision:</b>	<b>August 2018</b>
<b>Date of Issue:</b>	<b>August 2018</b>
<b>Recommendation:</b>	<p><b>GREY: not recommended for prescribing in South East London</b></p> <p>The prescribing of trimipramine is <b>not</b> supported by South East London CCGs in line with NHS England's <a href="#">national guidance</a> on medicines which should no longer be routinely prescribed.</p>
<b>Further Information:</b>	<ul style="list-style-type: none"> <li>• Patients currently prescribed trimipramine in primary care should be reviewed in line with NICE guidance and assessed for suitability for stopping or switching to an alternative.</li> <li>• Prescribers in primary care should <b>not initiate trimipramine for any new patient</b>.</li> <li>• If there is an exceptional circumstance in which there is a clinical need for trimipramine to be prescribed in primary care, this should be undertaken after discussion with a relevant specialist.</li> </ul>
<b>Background:</b>	<ul style="list-style-type: none"> <li>• Trimipramine is a tricyclic antidepressant (TCA) indicated for the treatment of depressive illness, particularly where sedation is required.</li> <li>• However, TCAs are <b>not</b> recommended as a first line treatment option in adults with depression by NICE and they are not recommended at all for children and adolescents (aged under 18 years). Selective Serotonin Reuptake Inhibitors (SSRIs) are recommended by NICE as they are equally effective and have a more favorable risk-benefit ratio.</li> <li>• Where a TCA is indicated, as set out by NICE, trimipramine does not represent a cost-effective choice of TCA as it has been subjected to excessive price inflation.</li> <li>• NHSE has included trimipramine for inclusion in medicines which is not suitable for routine prescribing in primary care.</li> <li>• Refer to <a href="#">PrescQIPP trimipramine document</a> on information on recommendations for stopping trimipramine and switching trimipramine to sertraline or imipramine.</li> </ul>
<b>Cost Impact for agreed patient</b>	Across six CCGs in South East London spend for trimipramine for April 2017 to March 2018 was £854K.
<b>Usage Monitoring &amp; Impact Assessment</b>	<b>Mental health and acute trusts:</b> monitor non-formulary requests.
	<b>CCGs:</b> Monitor prescribing via epact and exception reports from GPs if inappropriate requests to prescribe are made to primary care.

<b>Evidence reviewed:</b>	<ol style="list-style-type: none"> <li>1. MHRA SPC for trimipramine 25mg tablets. Accessed via: <a href="http://www.mhra.gov.uk/home/groups/spcpil/documents/spcpil/con1482470250039.pdf">http://www.mhra.gov.uk/home/groups/spcpil/documents/spcpil/con1482470250039.pdf</a> on 05/07/2018</li> <li>2. NICE CG90: Depression in adults. Last updated April 2018. Accessed via: <a href="https://www.nice.org.uk/guidance/cg90">https://www.nice.org.uk/guidance/cg90</a> on 05/07/18</li> <li>3. NICE CKS: Depression. Last revised October 2015. Accessed via: <a href="https://cks.nice.org.uk/depression">https://cks.nice.org.uk/depression</a> on 07/05/2018</li> <li>4. NHSE guidance for CCGs: Items which should not routinely be prescribed in primary care 2017. Accessed via: <a href="https://www.engage.england.nhs.uk/consultation/items-routinely-prescribed/supporting_documents/Consultation%20Items%20not%20routinely%20prescribed%20in%20primary%20care%20FINAL1809.pdf">https://www.engage.england.nhs.uk/consultation/items-routinely-prescribed/supporting_documents/Consultation%20Items%20not%20routinely%20prescribed%20in%20primary%20care%20FINAL1809.pdf</a> on 05/07/18</li> <li>5. PresQIPP Trimipramine, December 2017. Accessed via: <a href="https://www.prescqipp.info/component/downloads/send/416-trimipramine/3796-bulletin-204-trimipramine">https://www.prescqipp.info/component/downloads/send/416-trimipramine/3796-bulletin-204-trimipramine</a> on 08.08.18</li> <li>6. Taylor D, Paton C, Kapur S. The Maudsley Prescribing Guidelines in Psychiatry. 12th edition. Informa Healthcare, London 2015.</li> </ol>
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**NOTES:**

- a) Area Prescribing Committee recommendations, position statements and minutes are available publicly via the [APC website](#).
- b) This Area Prescribing Committee position statement has been made on the cost effectiveness, patient outcome and safety data available at the time. The position statement will be subject to review if new data becomes available, costs are higher than expected or new NICE guidelines or technology appraisals are issued
- c) **Not to be used for commercial or marketing purposes. Strictly for use within the NHS.**