 **Co-proxamol – Information for Patients**

NHS guidance states that some medicines should not routinely be prescribed. 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 co-proxamol.**

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

## Why should co-proxamol not be prescribed?

In 2007 the Medicines and Healthcare products Regulatory Agency (MHRA) withdrew the licence\* for co-proxamol because of safety concerns. The lethal dose of co-proxamol is quite low and it is even more lethal if taken with alcohol or other drugs.

Also, co-proxamol is not considered to work well enough and other drugs do a better job of reducing pain. Since the licence was withdrawn, the price of co-proxamol has increased, so for the NHS, it is not good value for money. The price is too high for a drug that doesn’t work as well as others.

\*Having a licence means that a medicine has passed tests to ensure that it is effective, safe and manufactured to appropriate quality standards. As co-proxamol does not have a UK licence, patients and doctors can no longer be sure that this is the case.

## What options are available instead of co-proxamol?

Your prescriber will talk to you about different options to relieve your pain so that you can come to a joint decision about what option is best.

You can also talk to your local pharmacist, GP practice team or the person who prescribed the medication to you about other things you can do to help manage your pain such as massage, ice or heat therapy and gentle exercise.

## Where can I find more information and support?

* You can speak to your local pharmacist, GP practice team 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: [www.patients-association.org.uk/](https://www.patients-association.org.uk/) or call 0800 345 7115
* Healthwatch: [www.healthwatch.co.uk](http://www.healthwatch.co.uk)

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

Find out more about licensed and unlicensed medicines: <https://www.gov.uk/drug-safety-update/off-label-or-unlicensed-use-of-medicines-prescribers-responsibilities#a-licensed-medicine-meets-acceptable-standards-of-efficacy-safety-and-quality>