

## **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.

[Items which should not routinely be prescribed in primary care – Tramacet®](#)

## 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](http://www.healthwatch.co.uk) or call 03000 68 3000

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](mailto:england.medicines@nhs.net)**