

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