

## Prescribing of low dose naltrexone for the treatment of multiple sclerosis is not supported

### Thurrock CCG and Basildon and Brentwood CCG do not support the prescribing of low dose naltrexone (LDN) for the treatment of multiple sclerosis (MS).

The prescribing of naltrexone 4.5mg, 3mg and 1.5mg capsules and liquids at low dose for MS is not supported due to limited evidence to support safety and efficacy. LDN is unlicensed in MS and requires ordering as a “specials” product which represents a significant cost, and also it is not approved for MS by the MHRA which states “Currently there is not enough evidence-based information to prove LDN is an effective treatment for MS”.

Naltrexone is licensed in the UK to help treat people who are addicted to opiates, such as heroin. Advocates of its use in MS suggest it should be given at a much lower dose (10-50 times lower) for the treatment of MS. Some research suggests that when naltrexone is given at low doses, it triggers the release of factors which may have an anti-inflammatory effect that could be beneficial in the treatment of MS.

In autumn 2011 the MS Society carried out a review of the evidence for LDN as a potential treatment for MS. The main findings in the report about the clinical trials of LDN for people with MS were:

- These trials did not take place over a long enough period to properly assess if LDN is useful for people with MS.
- The effects of LDN were not clear: one study reported no benefit to people with MS while the other reported some quality of life benefits.
- There was no evidence for the effect of LDN on levels of disability or progression of MS.

There is no evidence to indicate what dose of LDN might be most beneficial for people with MS. There have been 3 clinical trials of LDN for people with MS. The last trial reported its results in 2010: <http://www.mssociety.org.uk/ms-news-and-research/ms-research/potential-treatments/emerging-areas-of-research/ldn>

In existing long term patients, do not stop suddenly without a full discussion with the patient and reviewing for clinical appropriateness.

Providers commissioned to provide services on behalf of Thurrock CCG and Basildon and Brentwood CCG are reminded that they are required to follow the local joint formulary and prescribing guidance, or relevant Medicines Management agreement.

<b>Position Statement No.</b>	20
<b>Title</b>	Prescribing of low dose naltrexone for the treatment of multiple sclerosis is not supported
<b>References</b>	Multiple Sclerosis Society <a href="http://www.mssociety.org.uk">http://www.mssociety.org.uk</a> MHRA
<b>Acknowledgements</b>	Mid Essex CCG
<b>Version</b>	2
<b>Author</b>	Medicines Management Team
<b>Approved by</b>	<b>Basildon and Brentwood CCG:</b> Prescribing Subgroup, Patient Quality and Safety Committee, Board <b>Thurrock CCG:</b> Medicines Management and Safety Group, Patient Quality and Safety Committee, Transformation and Sustainability Committee, Board
<b>Date Approved</b>	March 2019
<b>Review Date</b>	March 2021