

Prescribing of licensed mexiletine (Namuscla) for the symptomatic treatment of myotonia in adult patients with non-dystrophic myotonic disorders – prescribing not supported

Basildon and Brentwood CCG and Thurrock CCG do not recommend the prescribing of licensed mexiletine (Namuscla) for the symptomatic treatment of myotonia in adult patients with non-dystrophic myotonic disorders.

Namuscla is a licensed preparation containing 167mg mexiletine that has recently been launched on the UK market. It is licensed for the symptomatic treatment of myotonia in adult patients with non-dystrophic myotonic disorders. The list price for the licensed preparation is £5000 for 100 capsules.

The use of mexiletine for treating myotonia in adults with non-dystrophic myotonic disorders is currently being reviewed by NICE although no date of publication has been confirmed.

Mexiletine is also prescribed to treat arrhythmias and neuropathic pain, at a typical dose range of between 200mg - 400mg three times a day. These patients are currently being prescribed unlicensed products containing 50mg, 100mg and 200mg mexiletine to achieve these doses.

Recommendations:

- **The prescribing of licensed mexiletine (Namuscla) for the symptomatic treatment of myotonia in adult patients with non-dystrophic myotonic disorders is currently not supported**
- **This position will be reviewed following the publication of any guidance/ recommendations from NICE**
- **The prescribing of unlicensed mexiletine for the treatment of arrhythmias and neuropathic pain, under specialist advice, is currently supported.**
- **For the treatment of arrhythmias and neuropathic pain, prescribers should maintain patients on the unlicensed preparation that they are currently receiving, which meets a clinical need that cannot be met by using the licensed product off label.**

Please note that some dispensing Pharmacies may require the GP to issue a letter stating that an unlicensed version is required to meet the individual patient's clinical need, as the patient requires a dose that cannot be met by the licensed product.

Position Statement No.	41
Title	Prescribing of licensed mexiletine (Namuscla)
Reference	
Acknowledgements	EoE Priorities Advisory Committee
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Author	Medicines Management Team
Approved by	Basildon and Brentwood CCG: Prescribing Subgroup, Patient Quality and Safety Committee, Board Thurrock CCG: Medicines Management and Safety Group, Patient Quality and Safety Committee, Transformation and Sustainability Committee, Board
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