

## Position statement on the prescribing of Tramacet® tablets

**SW London CCG's \* do NOT support the routine prescribing of Tramacet® in line with NHS England's national guidance on medicines which should no longer be routinely prescribed**

Tramacet is used to treat mild to moderate pain. It is a combination of two active ingredients: **paracetamol 325mg and tramadol 37.5mg.**

### Rationale

- There is **no** evidence that Tramacet® is more effective or safer than paracetamol 500mg and codeine 30mg (either as individual drugs or combined as co-codamol 30/500).<sup>1,2</sup>
- Tramacet® costs substantially more than other drugs which would be considered at the equivalent step of the World Health Organisation (WHO) analgesic ladder (step 2) without evidence of improved efficacy or safety.<sup>1</sup>
- The dose of paracetamol in Tramacet® is not optimal.<sup>1</sup>
- The increased number of reports of misuse and harms associated with tramadol has resulted in an increase in the number of tramadol related deaths.<sup>2</sup>

### References

1. NHS PrescQIPP Briefing 62: Tramacet®. <https://www.prescqipp.info/-tramacet/send/59-tramacet/947-bulletin-62-tramacet-briefing>
2. NHS PrescQIPP. Switching Tramacet® to paracetamol alone or paracetamol and codeine. Bulletin 62: February 2014. <https://www.prescqipp.info/-tramacet/send/59-tramacet/946-bulletin-62-tramacet>

### Further information available from:

- NHS England. Items which should not routinely be prescribed in primary care: Guidance for CCGs. <https://www.england.nhs.uk/publication/items-which-should-not-be-routinely-prescribed-in-primary-care-guidance-for-ccgs/>. Updated November 2017.

\*SWL CCGs (NHS Croydon CCG, NHS Kingston CCG, NHS Merton CCG, NHS Richmond CCG, NHS Sutton CCG and NHS Wandsworth CCG) position statement on Tramacet®

## Guidance for clinicians

### Recommendations:

- Do not start new patients on Tramacet®.
- Commence new patients requiring analgesia on paracetamol taken on a regular basis. Those requiring a weak opioid analgesic can have codeine added to their paracetamol.
- Review all patients on Tramacet® or its generic equivalent for clinical need and suitability for changing to paracetamol alone or paracetamol with codeine, and change prescription as appropriate.
- As with all changes, these should be tailored to the individual patient.

## Guidance for patients, carers and guardians

- Your doctor will review your pain killers and change them to a suitable, safe alternative if still required.
- Having a pain killer as single components can give better control and management of your own pain.
- Paracetamol is available to purchase over-the-counter from many retail outlets including supermarkets and pharmacies.

A patient information leaflet is also available: <https://www.prescgipp.info/items-which-should-not-routinely-be-prescribed-patient-leaflets>