

Information about changes to medicines or treatments on the NHS: **Changes to Targinact® prescribing (Oxycodone and naloxone 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 Targinact®.

This document will explain why the changes are happening and where you can get more information and support.

What is Targinact®

Targinact® tablets contain a painkiller called oxycodone and a drug called naloxone. Oxycodone can cause constipation as a side effect so the naloxone is added to try to stop constipation from happening.

Why does the NHS want to reduce prescribing of Targinact®?

Targinact® is very expensive compared to the cost of a painkiller and a laxative prescribed as separate tablets. Also Targinact® does not work better than the separate tablets, so it is not good value for money.

What options are available instead of Targinact®

You can talk to your doctor about the options available so that you can come to a joint decision about what will be best to relieve your pain.

You may be prescribed a painkiller and a laxative, if needed, as separate tablets instead of Targinact®. You may not need the laxative as not everyone gets constipation as a side effect.

Oxycodone will still be available as one of the painkiller choices, where appropriate.

What do I do if my medicine has been changed and it's causing me problems?

If you have problems with your new medicine(s) you should speak to your doctor who may suggest a different painkiller and/or laxative.

In exceptional circumstances Targinact® may continue to be prescribed if a consultant or other healthcare specialist supports this decision.

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: 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/>