

## Prescribing message on Opioid Substitution Therapy (OST) medication

Newham, Tower Hamlets and Waltham Forest Local Authorities have commissioned [Change Grow Live \(CGL\)](#) to provide services for drug misuse and dependency in the three boroughs.

### Change Grow Live (CGL)

CGL provides specialist service and wrap around support for service users. It is expected that most people with substance dependency will have their substitute medication prescribed by CGL clinicians. CGL will maintain regular and effective communication with the registered GP to ensure that the service user's GP and Practice are kept informed of what they are being prescribed and treatment progress.

However, there may be cases where an individual will choose to receive treatment from their GP but not in contact with CGL services. In such cases the GP may prescribe for the person but should also liaise with CGL regularly to ensure there is just one prescription source.

There are two main medication prescribed;

- Methadone hydrochloride: Physeptone<sup>®</sup>/Metharose<sup>®</sup>/ Methadose<sup>®</sup>
- Buprenorphine/ Espranor<sup>®</sup>/Subutex<sup>®</sup>/Suboxone<sup>®</sup>/Temgesic<sup>®</sup>/ Butrans<sup>®</sup>/Transtec<sup>®</sup>

### CGL treatment pathway

- Recovery workers at CGL usually contact GPs at the point of triage assessment to request a medical summary, this should usually be on file before the medical assessment for Opiates Substitute Treatment (OST) is carried out.
- Clients MUST give consent to share information with GPs - this is a mandatory prerequisite for receiving any medical intervention at CGL.
- Following the initial medical assessment, a letter from the CGL prescriber is sent out within one week to notify the GP that the client is being commenced on OST. In the same letter the GP is also advised to avoid prescribing opiate or other sedating medication for the client while they are under the care of CGL.
- Clients who are not registered with a GP are commenced on OST on the condition that they register with a GP within 2 weeks of being started on OST

### Prescriber actions:

Please check whether a patient is under the care of CGL, if requested to prescribe Methadone hydrochloride or Buprenorphine preparations, this will ensure patient is **not** receiving a prescription from this service.

- If the patient is not in contact with CGL, ask them if they would be happy for you to make a referral – complete the [online referral form](#) while the patient is with you.
- CGL can be contacted on 0203 826 9600 (9am to 5pm Monday to Friday)  
or [cgl.walthamforest@cgl.org.uk](mailto:cgl.walthamforest@cgl.org.uk)

### Useful resources:

- [NICE: Medicines optimisation in chronic pain 2017](#)
- [NHS improvement: good practice guidance](#)

Approved by WEL Medicines Optimisation and Commissioning Committee  
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