

## **Patient information about changes to medicines or treatments on the NHS: [Changes to dosulepin prescribing](#)**

The NHS is asking prescribers to stop or greatly reduce the prescribing of some medicines. 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.

### **This includes dosulepin.**

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

### **[What is dosulepin?](#)**

Dosulepin is a tricyclic antidepressant (TCA) used to treat depression.

### **[Why do the NHS want to reduce prescribing of dosulepin?](#)**

The National Institute for Health and Care Excellence (NICE) says that dosulepin should not be prescribed for depression because it may be harmful in some people, and it is dangerous in overdose. Death from dosulepin overdose can occur quickly, even before you can be treated in hospital.

As there are quite a lot of safety concerns about dosulepin, all patients currently taking it should have a review with their doctor.

### **[If dosulepin is dangerous, should I stop taking it immediately?](#)**

You may suffer side effects if you stop taking dosulepin suddenly. Your doctor will support you to reduce your dose of dosulepin gradually before you stop it and slowly introduce a new medicine (if you are to be prescribed one).

### **[What options are available instead of Dosulepin?](#)**

There are other alternative medicines that are safer and more effective.

You can talk to your doctor about the options available so that you can come to a joint decision about what is best for you.

In exceptional (rare) circumstances, dosulepin may continue to be prescribed if a consultant or other specialist healthcare professional supports this decision.

### Where can I find more information and support?

- You can speak to your local pharmacist, GP, practice pharmacist, or the person who prescribed the medication to you.
- National and local charities can offer advice and support, for example MIND has a webpage explaining about medications used to treat depression MIND - <https://www.mind.org.uk/information-support/types-of-mental-health-problems/depression/treatments/> Treating depression
- The NICE information for patients can be found at <https://www.nice.org.uk/guidance/ng222/informationforpublic>
- The Patients Association can also offer support and advice: [www.patients-association.org.uk/](http://www.patients-association.org.uk/) or freephone 0800 345 7115
- Healthwatch is an online resource where you can feedback on your healthcare experiences: [www.healthwatch.co.uk](http://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>