

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

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 trimipramine.**

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

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

Trimipramine is a tricyclic antidepressant (TCA) used to treat depression especially when sedation is required.

Trimipramine is also used as a painkiller for a very small number of patients. However, it is not licensed\* for this use and there are other alternative, licensed painkillers available.

**\* Having a licence means that a medicine has passed tests to ensure that it is effective, safe and manufactured to appropriate quality standards.**

### **[Why does the NHS want to reduce prescribing of trimipramine?](#)**

The National Institute for Health and Care Excellence (NICE) guidance on depression recommends that a different type of antidepressants called “SSRIs” should be the first choice of treatment, rather than tricyclic antidepressants.

SSRIs don’t have as many side effects as tricyclic antidepressants, and they are safer if you take too many.

If SSRIs don’t work and a tricyclic antidepressant is needed, then there are alternatives that are as effective and far less expensive than trimipramine.

## What options are available instead Trimipramine?

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.

There are now many alternative antidepressants to trimipramine. It's also possible that you will no longer need to take an antidepressant at all.

If you are taking trimipramine for pain relief, there are also several alternatives available.

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

## 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 MIND has a webpage explaining about medications used to treat depression <https://www.mind.org.uk/information-support/types-of-mental-health-problems/depression/treatments/>
- The NICE information for patients can be found at <https://www.nice.org.uk/guidance/ng222>
- 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/publication/items-which-should-not-routinely-be-prescribed-in-primary-care-policy-guidance/>