

## **Information about changes to medicines or treatments on the Health Service: [Changes to methocarbamol prescribing](#)**

The Health Service is asking doctors to stop or greatly reduce the prescribing of some treatments on prescription. This is because the treatments are:

- Not as safe as other treatments OR
- Not as good (effective) as other treatments OR
- More expensive than other treatments that do the same thing.

**This includes methocarbamol.**

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

### **[What is methocarbamol for?](#)**

Methocarbamol is used for the relief of painful muscle spasms.

### **[Why does the Health Service want to reduce prescribing of methocarbamol?](#)**

There is little evidence that methocarbamol works for muscle spasm. It is also expensive compared to other treatments and not good value for money.

The National Institute for Health and Care Excellence (NICE) does not make a recommendation about methocarbamol for treating muscle spasm because there is not enough evidence to do so.

The British National Formulary (BNF) says that methocarbamol is 'an item less suitable for prescribing'.

## What options are available instead of methocarbamol?

If you are already receiving methocarbamol on prescription your doctor will review your treatment.

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

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

If you have problems with your new medicine you can speak to your doctor.

## 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 Pain Toolkit is a resource to help people self-manage their pain, in order to help cope with pain on a daily basis and have an improved quality of life <https://www.pain toolkit.org/>
- The NICE information for patients can be found at: [www.nice.org.uk/guidance/cg173/ifp/chapter/About-this-information](http://www.nice.org.uk/guidance/cg173/ifp/chapter/About-this-information)
- The Patient and Client Council can also offer support and advice: <http://www.patientclientcouncil.hscni.net/> or call 0800 917 0222.