<patient name>

<Patient address>

<NHS no>

<today’s date>

**Medication change – please read**

Dear <patient name>

According to our records you are prescribed medication called an **Opioid**. These are drugs marketed as painkillers, such as Codeine, Tramadol, Morphine, Oxycodone and Fentanyl

Up until now it has been accepted practice by your doctors to prescribe these types of drugs for patients with long-term pain

However, we now know that usually patients’ long-term pain is NOT relieved by these drugs and that these drugs often cause harm and can even make the pain worse

For these reasons we would like you to GRADUALLY reduce the amount of opioid that you take

**We suggest that you reduce your daily dose by ONE tablet per day every 4 weeks**

To help you do this we will reduce the quantity on your future prescriptions by this amount each time you pick it up

Reducing your opioid can be challenging. Please see the attached leaflet for help and advice. There are some useful internet resources at the end of the letter too

We recommend this website - **my.livewellwithpain.co.uk**

The staff at the practice are here to support you in reducing your opioid. If you would like to discuss these changes with a Doctor or Practice Pharmacist prior to your next prescription, please do not hesitate to arrange a telephone appointment

If you would like support in how to manage your pain in a different way, please request an appointment with our Pharmacy technician who can discuss alternative ways of self-managing your pain

Yours sincerely

Doctors at Redburn Park Medical Centre