Shared care guidelines

Drug	MODAFINIL (PROVIGIL® ▼)
Specialty	NEUROLOGY
Indication	EXCESSIVE DAYTIME SLEEPINESS ASSOCIATED WITH NARCOLEPSY (in adults only)
Overview	Modafinil appears to act specifically on "wake centres" in the brain and is not a typical psycho-stimulant. Treatment should be initiated by a physician with appropriate knowledge of relevant sleep disorders. Where appropriate, every effort should be made to assess and treat other potential causes of sleepiness in narcolepsy (e.g. sleep apnoea), prior to initiating treatment with Modafinil

Hospital specialist's responsibilities

Initial investigations: Assessment for contraception, pregnancy, breast-feeding, heart disease, psychiatric illness, substance misuse/drug diversion as appropriate.
ECG, BP, pulse, renal & hepatic function

Contra-indications: Uncontrolled hypertension, cardiac arrhythmia, pregnancy, breast-feeding

Caution: Under 18yr

Initial regimen: Adult 18-65 years: 200mg daily, as a single dose in the morning or as two divided doses in the morning and at lunchtime; titrated according to clinical response to 200-400mg daily (100mg-200mg daily if severe renal/hepatic impairment)

Clinical monitoring: For effectiveness – ideally before transfer to GP; discontinue if not effective

Safety monitoring: BP & pulse – after each dose change, and at every review
Weight – at every review

Review: Usually 6 monthly

Prescribing arrangements: Initiated by specialist. Transferred to GP once efficacy established and dose stabilised (minimum 1 month after initiation)

Documentation: Clinic letters to GP, copied to patient/carer – to include treatment changes and notification of DNA.

GP's responsibilities

Maintenance prescription: Adult 18-65 years: 200-400mg daily (100mg-200mg daily if severe renal/hepatic function), as advised by hospital specialist

Clinical monitoring: Routine care, as required

Safety monitoring: BP & pulse - initially monthly until dose stabilised, then every 6 months
Weight – annually
LFTs – if any signs/symptoms of abnormality

Duration of treatment: Potentially life-long

Documentation: Record prescribing & monitoring in clinical records

Adverse events

Adverse Event	**Action** (notify specialist of all side effects)
Raised BP or pulse	*Refer to specialist*
Weight increase / decrease	*Refer to specialist*
Signs / symptoms of heart disease	*Refer to specialist*
Abnormal LFTs	*Refer to specialist*
Psychiatric disorders, e.g. suicidal ideation	*Discontinue & refer to physician*
Serious skin or hypersensitivity reactions	*Discontinue & refer to physician*

Other information

Modafinil is no longer licensed for the treatment of excessive sleepiness associated with obstructive sleep apnoea/hypopnoea syndrome (OSAHS) or chronic shift work sleep disorder (SWSD), and shared care does not apply to these conditions.
Modafinil is a mild hepatic enzyme inducer and potential drug interactions can occur. Particular care is needed when considering oral contraception.
Care is needed in patients with heart disease or hypertension although the effects on systolic blood pressure are minimal (mean increase of 2 mmHg).
▼ This drug is monitored intensively by the CHM and MHRA – report all side-effects via yellow card scheme (http://yellowcard.mhra.gov.uk/)

Specialist contact details

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