<Patient name>

<Patient address>

NHS no.: <NHS number>

<Todays 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 for 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.

For these reasons we would like you to gradually reduce the amount of Opioid you take.

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

We suggest you gradually reduce your Opioid weekly dose by 10% every 4 weeks. To help you with this we shall reduce the quantity on your future prescriptions by this amount each time you pick it up.

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 prior to your next prescription please do not hesitate to arrange a Dr1st telephone appointment.

Yours Sincerely,

<Organisation Details>

The website that contains all the resources you may need to explain your pain and help support your reduction:

[www.flippinpain.co.uk](http://www.flippinpain.co.uk)

A opiate reduction success story:

<https://www.youtube.com/watch?v=l17SjDth4pU&feature=youtu.be>

NHS websites:

<https://www.nhs.uk/live-well/healthy-body/ways-to-manage-chronic-pain/>

This is a CD or a **FREE** download for Living with Chronic Pain:

<http://www.paincd.org.uk/>

Video to EXPLAIN chronic pain:

<https://www.youtube.com/watch?v=jIwn9rC3rOI> (Understanding pain)

A video to help explain how to reduce opiates:

<https://www.youtube.com/watch?v=MI1myFQPdCE> (Brainman stops his opioids)

A website with lots of resources (videos, podcasts, self-help groups) to support patients:

<https://www.paintoolkit.org/resources/patients>

Information for patients:

<https://fpm.ac.uk/opioids-aware/information-patients>

Leaflet for patients on the risks of addiction:

<https://www.gov.uk/guidance/opioid-medicines-and-the-risk-of-addiction>

A website dedicated to supporting patients with depression, anxiety or stress with an online community you can become part of:

<https://togetherall.com/en-gb/>