

## Understanding NICE guidance

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Information for people who use NHS services

# Cilostazol, naftidrofuryl oxalate, pentoxifylline and inositol nicotinate for intermittent claudication in people with peripheral arterial disease

*NICE 'technology appraisal guidance' advises on when and how drugs and other treatments should be used in the NHS.*

This leaflet is about when **cilostazol, naftidrofuryl oxalate, pentoxifylline** and **inositol nicotinate** should be used to treat intermittent claudication in people with peripheral arterial disease in the NHS in England and Wales. It explains guidance (advice) from NICE (the National Institute for Health and Clinical Excellence). It is written for people with intermittent claudication but it may also be useful for their families or carers or for anyone with an interest in the condition.

It does not describe intermittent claudication or the treatments in detail – a member of your healthcare team should discuss these with you. You can get more information from the organisation listed on the back page.

*This may not be the only possible treatment for intermittent claudication. Your healthcare team should talk to you about whether it is suitable for you and about other treatment options available.*

### **What has NICE said?**

NICE recommends naftidrofuryl oxalate as a possible treatment for intermittent claudication in people with peripheral arterial disease.

NICE does not recommend cilostazol, pentoxifylline or inositol nicotinate for intermittent claudication in people with peripheral arterial disease.

### **Who can have naftidrofuryl oxalate?**

You should be able to have naftidrofuryl oxalate if you have peripheral arterial disease and intermittent claudication if vasodilators are considered appropriate for you after taking other treatment options into account.

### **Why has NICE said this?**

NICE looks at how well treatments work, and also at how well they work in relation to how much they cost the NHS.

NICE recommended naftidrofuryl oxalate because it works better and costs less than other drug treatments available on the NHS.

Cilostazol, pentoxifylline and inositol nicotinate do not work as well as naftidrofuryl oxalate and cost more, so NICE did not recommend them.

## **Intermittent claudication in people with peripheral arterial disease**

In peripheral arterial disease, the blood vessels (arteries) that carry blood to the legs or arms are narrowed or blocked. The most common symptom of this is pain in the legs and/or buttocks during exercise, which stops after the person rests for a while. This is called intermittent claudication. It is caused because the narrowed blood vessels don't allow enough blood into the legs, so the muscles don't get enough oxygen. Treatments may include exercise programmes, drugs (see across the page) and surgery.

## Cilostazol, naftidrofuryl oxalate, pentoxifylline and inositol nicotinate

Cilostazol, naftidrofuryl oxalate, pentoxifylline and inositol nicotinate are drugs called vasodilators. They work by widening the blood vessels.

### What does this mean for me?

When NICE recommends a treatment, the NHS must make sure it is available to those people it could help, normally within 3 months of the guidance being issued.

So, if you have peripheral arterial disease and intermittent claudication, and you and your doctor think that naftidrofuryl oxalate is the right treatment for you (see 'What has NICE said?' across the page), you should be able to have the treatment on the NHS. Please see [www.nice.org.uk/aboutguidance](http://www.nice.org.uk/aboutguidance) if you think you are eligible for the treatment but it is not available.

Cilostazol, pentoxifylline and inositol nicotinate should not normally be prescribed on the NHS for intermittent claudication. Your doctor should talk to you about other treatment options available to you.

NICE will decide whether to review this guidance in May 2014.

## More information

The organisation below can provide more information and support for people with intermittent claudication. NICE is not responsible for the quality or accuracy of any information or advice provided by this organisation.

- British Heart Foundation, 0300 330 3311  
[www.bhf.org.uk](http://www.bhf.org.uk)

NHS Choices ([www.nhs.uk](http://www.nhs.uk)) may be a good place to find out more. Your local patient advice and liaison service (usually known as 'PALS') may be able to give you more information and support. If you live in Wales you should speak to NHS Direct Wales for information on who to contact.

## About NICE

NICE produces guidance (advice) for the NHS about preventing, diagnosing and treating medical conditions. The guidance is written by independent experts, including healthcare professionals and people representing patients and carers. They consider the evidence on the disease and treatments, the views of patients and carers and the experiences of doctors, nurses and other healthcare professionals, and consider the costs involved. Staff working in the NHS are expected to follow this guidance.

*To find out more about NICE, its work and how it reaches decisions, see [www.nice.org.uk/aboutguidance](http://www.nice.org.uk/aboutguidance)*

*This leaflet and other versions of the guidance aimed at healthcare professionals are available at [www.nice.org.uk/guidance/TA223](http://www.nice.org.uk/guidance/TA223)*

*You can order printed copies of this leaflet from NICE publications (phone 0845 003 7783 or email [publications@nice.org.uk](mailto:publications@nice.org.uk) and quote reference N2556). The NICE website has a screen reader service called Browsealoud, which allows you to listen to our guidance. Click on the Browsealoud logo on the NICE website to use this service.*

*We encourage NHS and voluntary organisations to use text from this leaflet in their own information about intermittent claudication.*