## Reviewing medicines associated with dependence or withdrawal symptoms

This is a summary of recommendations 1.4.5 and 1.4.6 in the <u>NICE guideline on medicines associated with dependence or withdrawal symptoms</u>. It is intended to support healthcare professionals carrying out medicines reviews for people taking an opioid, benzodiazepine, gabapentinoid, Z-drug or antidepressant. It is not an exhaustive list but should supplement standard practice for reviews, including the <u>advice on reviewing medicines in the NICE guidelines on medicines optimisation</u> and <u>medicines adherence</u>. The guideline includes more detailed information on reviewing medicines (section 1.4) and making decisions about withdrawing medicines (section 1.5) using a collaborative and person-centred approach.

Regularly review the person's medicines and update their management plan
At each medicines review for people taking an opioid, benzodiazepine,
gabapentinoid, Z-drug or antidepressant, discuss:
• The benefits and risks of continuing the current dose, adjusting the dose or stopping the medicine
• The benefits or harms the person is experiencing from continuing the medicine
• Any signs that the person is developing problems associated with dependence such as:
running out of a medicine early
making frequent requests for dose increases
<ul> <li>reporting that a medicine that was working well previously is no longer working</li> </ul>
• The person's preferences for continuing the current dose, adjusting the dose or stopping the medicine
Who to contact if they have problems or concerns
Agree and update the management plan with the person and give them a copy

