

Dear Patient,

On behalf of your surgery as Southend East Primary Care Network we are currently reviewing the prescribing of high-risk medication Zopiclone. According to the NICE guidelines (National Institute for Health and Care Excellence), this is only licensed for short-term use in insomnia. Our GPs & Prescribers can no longer continue a prescription for more than 7 days and will be removed from your repeats.

There are many risks associated with Zopiclone, such as but not limited to:

- Cognitive impairment
- Increased risk of falls
- Problems with your dependence
- They are highly addictive, and without them, you could suffer from withdrawal symptoms

Stopping this medication could benefit you as it avoids the chances of you suffering from any of the above points and possibly more. Although you may not currently suffer from these side effects, there is a possibility this could occur in the future.

All patients taking Zopiclone will be reviewed with the aim of reducing and eventually stopping the prescribing of this medication. We will be working with you on your sleep hygiene and reducing your medication in a safe manner.

If there are underlying issues that are causing the need for sleeping tablets, then this condition should be treated appropriately.

Many Thanks,

Southend East PCN on behalf of:

Dr Irlam & Partner - Central Surgery
North Shoebury Surgery
The Thorpe Bay Surgery and Shaftesbury Avenue Surgery Branch
Drs Kumar & Sinha, Shoebury Health Centre
Dr Palacin, Shoebury Health Centre