



Information about changes to medicines or treatments on the NHS: **Changes to rubefaciants prescribing**

The NHS will be asking doctors to stop or greatly reduce the prescribing of some medicines from December 2017. This is because the medicines are:

- Not as safe as other medicines OR
- Not as good (effective) as other medicines OR
- More expensive than other medicines that do the same thing.

This includes rubefaciants.

This document will explain why the changes are happening and where you can get more information and support.

What are rubefaciants?

Rubefaciants are preparations that produce a warm, reddening effect on your skin when you rub them in, due to increased blood flow. They are said to relieve aches and pains in joints and muscles.

Examples include Deep Heat[®], Movelat[®] and Ralgex[®].

Why does the NHS want to reduce prescribing of rubefaciants?

There is not much evidence that rubefaciants work.

The British National Formulary says that the evidence does not support the use of rubefaciants in short- or long-term muscle pain.

In addition, The National Institute for Health and Care Excellence (NICE) states that rubefaciants should not be offered to treat osteoarthritis (“wear-and-tear” of the joints).

What can I do if I still want to use a rubefaciant?

Rubefaciants can be bought cheaply from pharmacies and other retail outlets such as supermarkets, convenience or discount stores from as little as £1.

Where can I find more information and support?

- You can speak to your local pharmacist, GP or the person who prescribed the medication to you
- The NICE information for patients can be found at: www.nice.org.uk/guidance/cg177/ifp/chapter/About-this-information
- The Patients Association can also offer support and advice: www.patients-association.org.uk/ or call 020 8423 8999