**This document is for you to adapt for your patient(s). Please ensure that you customise the information so that it is appropriate (see bulletin for further examples). Once you have made your amendments check that important information isn’t split across two pages. This section should be deleted prior to giving to the patient.**

**Information about stopping your trimipramine treatment and changing to sertraline**

Your trimipramine dose will be stopped and changed to a drug called sertraline. Sertraline is a type of drug called an SSRI (selective serotonin re-uptake inhibitor). Your trimipramine dose will be reduced gradually and your dose of sertraline introduced over [X] weeks. The plan to reduce your dose is shown on the table below.

If you experience any problems or side effects during this change in your treatment, please call your GP/nurse/pharmacist on [insert telephone number].

**Note to reviewer**: Add more rows if titration is to be done more slowly. Only titrate up as far as needed, review regularly and change to minimum number of tablets once final lowest effective dose is reached.

|  |  |
| --- | --- |
| **Your name** |  |
| **Your GPs name** |  |
| **The change being made to your treatment** | Changing your current prescription for trimipramine to sertraline |
| **How long will this change take?** | [x] weeks |
| **When do I need to come in for a review?** | Example **-** you will need to come in every two weeks to be reviewed and issued a new prescription. |

**How your medication will be changed over [x] weeks**

|  | **Daily dose** | | **How to take your medication** | **Your weekly prescription** |
| --- | --- | --- | --- | --- |
| **Your current dose** | 150mg trimipramine | | You currently take one 50mg capsule three times a day **OR** you take three 50mg capsules at night [delete as necessary] | 21 x 50mg capsules |
| 0mg sertraline | | - | - |
| **Week 1** | 75mg trimipramine | | Take one 25mg tablet three times a day OR Take three 25mg tablets at night [delete as necessary] | 21 x 25mg trimipramine tablets |
| 25mg sertraline | | Take half a 50mg tablet each day | 7 x 50mg sertraline tablets |
| **Week 2** | 50mg trimipramine | | Take one 25mg tablet twice a day OR Take one 50mg capsule at night [delete as necessary] | 14 x 25mg trimipramine tablets OR 7 x 50mg trimipramine capsules [delete as necessary] |
| 50mg sertraline | | Take one 50mg tablet each day | 7 x 50mg sertraline tablets |
| **Week 3** | 25mg trimipramine | | Take one 25mg tablet at night | 7 x 25mg trimipramine tablet |
| 50mg sertraline | | Take one 50mg tablet each day | 7 x 50mg sertraline tablets |
| **Week 4** | **STOP trimipramine** | | No trimipramine will be prescribed in week 4 | |
| Sertraline | Add sertraline dose  Note to reviewer - If necessary, start to titrate sertraline up by 50mg at intervals of one week until minimum effective dose reached. Maximum daily dose 200mg. | | |