



## Prescribing Policy for Alimemazine

North East Essex CCG does not support the prescribing of alimemazine for the treatment of urticaria, pruritus, itching associated with dermatoses such as atopic eczema, pruritus associated with systemic causes e.g. obstructive jaundice, allergic rhinitis and hayfever, any off – label use.

The sedating antihistamines are commonly used to relieve pruritus from a variety of causes. They are effective in relieving pruritus associated with urticaria but are also used for itching associated with dermatoses such as atopic eczema where the degree of benefit is less certain. They are given in the latter to control nocturnal itching and for severe pruritus associated with relapse.

All the older antihistamines are sedating and there is little evidence that any one is superior over another and **alimemazine** is considered to be more sedating than **chlorphenamine**.

Chlorphenamine is the drug of choice when a sedating antihistamine is required in NEE. It can be bought from pharmacies in tablet and liquid forms.

### Recommendations

- All patients prescribed alimemazine should have their therapy reviewed and recommended for self-purchase with chlorphenamine as appropriate.
- New patients should not be commenced on alimemazine.
- Recommend self-care with chlorphenamine to patients requiring a sedating antihistamines

### Reference

- BNF (online(2017) 'Antihistamines', Available at: <https://www.evidence.nhs.uk/formulary/bnf/current/3-respiratory-system/34-antihistamines-hyposensitisation-and-allergic-emergencies/341-antihistamines> (Accessed: 15/02/17)
- Martindale: The complete drug reference (2014) 'Pruritus' Available at: <https://www.medicinescomplete.com> (Accessed: 15/02/17)
- Patient+ (2014) 'Antihistamines', Available at: <http://patient.info/doctor/antihistamines-pro> (Accessed: 15/02/17)