



**North Blaby Primary Care Network**  
Enderby Medical Centre, Forest House Medical Centre  
The Limes Medical Centre, Kingsway Surgery, Glenfield Surgery

Dear Mr / Mrs .....

The GP Practices of North Blaby Primary Care Network are undertaking a review of all patients who are prescribed sedative medications on their repeat medication list.

We are writing to you because we note from our records that you have been taking **[drug]** for some time now. Family doctors are concerned about this kind of tranquilizing medication when it is taken over long periods.

Research work done in this field shows that repeated use of the tablets over a long time is not recommended. More importantly, these tablets may actually cause anxiety and sleeplessness and they can be addictive. Our concern is that the body can get used to these tablets so that they no longer work properly. If you stop taking the tablets suddenly, there may be unpleasant withdrawal side effects that you will experience.

The GP Practices of North Blaby Primary Care Network have commissioned a team of pharmacists and are able to offer their services to review this medicine on your repeat prescription. They will talk with you and, if felt appropriate, guide you through a reduction programme and give advice about non drug methods of helping to relax and sleep.

If you would like to take up this offer please contact your GP Surgery who will arrange for a pharmacist from the team to contact you and we'll work together towards a safer, more effective treatment plan. If you do not wish the team to contact you then please fill out and hand in the slip below to your surgery.

Yours sincerely,

**Practice Name**

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I confirm that I do not wish to review the sedatives on my repeat medication list at this time.

If, however, I change my mind in I will contact the GP surgery to arrange a review with either the Pharmacist Team or a GP.

Signature:.....

Name..... Date of birth..... GP surgery.....