Trimipramine is a tricyclic antidepressant licensed for depression with effects on serotonin, noradrenaline and dopamine reuptake inhibition. It has a half-life of 7-23 hours and peak plasma concentration at 3 hours post dose. Trimipramine is available as 10mg and 25mg tablets and 50mg capsules and is not approved for use on the Pan Dorset Formulary

Trimipramine has been identified as a drug of low clinical value [by NHSE](https://www.england.nhs.uk/wp-content/uploads/2017/11/items-which-should-not-be-routinely-precscribed-in-pc-ccg-guidance.pdf) (4.18) and trimipramine should be either discontinued or switched to a more suitable antidepressant.

**Costs - Drug Tariff Feb 2018**

|  |  |  |
| --- | --- | --- |
| Medication | Units per Pack | Cost per Pack (pounds) |
| Trimipramine 10mg tabs | 28 | £179.15 |
| Trimipramine 25mg tabs | 28 | £200.50 |
| Trimipramine 50mg caps | 28 | £190.00 |
| Clomipramine 10mg caps | 28 | £1.30 |
| Clomipramine 25mg caps | 28 | £1.59 |
| Clomipramine 50mg caps | 28 | £1.94 |

**Discontinuing**

Trimipramine should be discontinued gradually over at least 4 weeks – over 12-16 weeks if on longer term maintenance treatment. Discontinuation should be a gradual stepwise reduction, for example by 25% each step, but dependent on individual clinical circumstances

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Daily Dose** | **How to take your medication** | **Your weekly prescription** |
| Current dose | 150mg trimipramine | As a three times a day or night time dose. |  |
| Week 1 | 100mg | 2 x 50mg **or** 4 x 25mg  As a twice a day or night time dose. [delete as necessary] | 14 x 50mg  **Or** 28 x 25mg |
| Week 2 | 75mg | 1 x 50mg + 1 x 25mg **or** 3 x 25mg  As a three times a day or night time dose. [delete as necessary] | 7 x 50mg + 7 x 25mg  **Or** 21 x 25mg |
| Week 3 | 50mg | 1 x 50mg **or** 2 x 25mg  As a twice a day or night time dose.  [delete as necessary] | 7 x 50mg  **Or** 14 x 25mg |
| Week 4 | 25mg | 1 x 25mg  As a night time dose | 7 x 25mg |
| Week 5 | zero | | |

**Switching to an Alternative Antidepressant.**

There is no exact alternative to trimipramine in terms of mode of action and side effect profile. Switching to clomipramine has been the option suggested by the mental health experts in Dorset. Trimipramine is more sedating; clomipramine is more toxic in overdose.

There are 3 suitable switching options and each should be considered based on the patient’s sensitivity to medication and current condition. Option one is least likely to cause side effects, option three may be more appropriate if the patient is likely to relapse:

1. Reducing trimipramine to stop over a 4week period, a 3day break then introducing clomipramine
2. Reducing trimipramine to stop over a 4week period, then starting clomipramine with no break
3. Switching should be cautiously cross tapered ideally over a period of 4 weeks. (See table below)

**CAUTION - Do not switch to clomipramine if the patient is already taking another antidepressant especially an SSRI or venlafaxine.**

**Equivalent Doses**

|  |  |  |
| --- | --- | --- |
| Drug | Maximum Dose for Depression | |
| ADULTS | ELDERLY |
| Trimipramine | 300mg/day | Reduced adult dose |
| Clomipramine | 250mg/day | 75mg/day |

|  |  |  |  |
| --- | --- | --- | --- |
|  | Daily Dose | How to take your  medication | Weekly  prescription |
| Week 1 | 100mg trimipramine | Take two 25mg tablets twice a day **OR** take four 25mg tablets at night [delete as necessary] | 28 x 25mg trimipramine tablets |
| 25mg clomipramine | Take one 25mg capsule a day | 7 x 25mg clomipramine capsules |
| Week 2 | 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 |
| 50mg clomipramine | Take two 25mg capsules twice a day **OR** as a single night time dose [delete as necessary] | 14 x 25mg clomipramine capsules |
| Week 3 | 50mg trimipramine | Take two 25mg tablets at night | 14 x 25mg trimipramine tablets |
| 100mg clomipramine | Take one 25mg capsule in the morning and afternoon and two 25mg capsules at night, **OR** as a single dose at night [delete as necessary] | 28 x 25mg clomipramine capsules |
| Week 4 | 25mg trimipramine | Take one 25mg tablet at night | 7 x 25mg trimipramine tablets |
| 150mg clomipramine | Take six 25mg capsules daily in divided doses or as a single dose at night. Consider using 50mg capsules once stable. [note to reviewer- insert directions in divided doses to suit the patient] | 42 x 25mg clomipramine capsules |
| Week 5 | **STOP** trimipramine | No trimipramine will be prescribed in week 5 | |
| Clomipramine | Add clomipramine dose  Note to reviewer - if needed dose can be taken to 250mg. Maintain this dose until improvement is seen then gradually reduce to a maintenance dose of 50mg to 100mg. | |

References

1. [PrescQipp NHSE Low Value medicine](https://www.prescqipp.info/b204-trimipramine/category/416-trimipramine)
2. [eMC - Clomipramine](https://www.medicines.org.uk/emc/search?q=clomipramine)
3. [eMC- Trimipramine](https://www.medicines.org.uk/emc/search?q=%22Trimipramine%22)