

Sativex 4 week trial information

What is Sativex?

You have been identified as eligible for a trial of Sativex for a period of 4 weeks. Sativex is a cannabinoid based medication in liquid form, used as an oral spray. It has been prescribed for you on a trial period for 4 weeks to see if it can help improve your symptoms of spasticity. After the 4 week trial period you will be reassessed and a decision will be made whether to continue.

Why would I need this?

Your symptom of spasticity caused by Multiple Sclerosis has not been controlled on other medications previously tried.

What are the symptoms that have led to me having this trial?

Spasticity is a symptom experienced by around 60%-90% of people with MS. Spasticity is a symptom of multiple sclerosis that causes your muscles to feel stiff, heavy and difficult to move. When spasticity is severe it can be very difficult to bend a limb at all.

Spasticity can sometimes be helpful. In some circumstances, if your legs are weak, a degree of stiffness in your legs may help you walk or transfer from a bed to a chair, it is important to find the right balance. Spasticity in MS has many trigger factors that might be make it worse.

What are the alternatives?

- Continue to manage trigger factors
- Physiotherapy
- If other medications are not helping, in some situations referral to specialist centre for consideration of other methods of spasticity management may be appropriate

What are the potential risks and side effects?

Side effects of this medication will be variable for each individual. These include:

- feeling dizzy and sleepy
- constipation or diarrhoea
- changes in sense of taste and in appetite
- poor balance
- confusion

It is expected that effects decrease as you become accustomed to the Sativex. However, key side effects for immediate assistance are:

- Seeing or hearing things that are not there (hallucinations)
- Believing ideas that are not true
- Feeling that other people are against you
- Thoughts of suicide
- Feeling depressed or confused
- feeling over-excited or losing touch with reality

What are the expected benefits of treatment?

After 4 weeks it is hoped you will feel an improvement in your symptom of spasticity

What should I do during the trial?

It would be helpful to keep a note of any affects you experience during the trial on your overall wellbeing and specific symptom of spasticity. This can be done in the diary provided at your appointment.

Will I have to come back to hospital?

You will be reviewed by your specialist nurse after 4 weeks. This may be face to face or video or over the phone.

Consent

Although you consent for this treatment, you may at any time after that withdraw such consent. Please discuss this with your medical team.

Sources of information

Should you have any questions or concerns relating to this trial the sources below may be helpful.

MS Specialist Nurses:

(07890 398803) (Conquest)

(07773199204) (EDGH)

(07811 720078) (EDGH)

(07816124973) Clinical Lead Nurse (Conquest & EDGH)

MS Co-ordinator: (07811 720077) Central Voicemail Number (0300 131 5233)

Generic E-Mail: esh-tr.MSNurseServiceEastbourne@nhs.net

MS TRUST

Tel: 01462 476700

www.mstrust.org.uk

MULTIPLE SCLEROSIS SOCIETY

National freephone helpline: **0808 800 8000**

www.mssociety.org.uk

Shift.ms

Online community for people with multiple sclerosis.

www.shift.ms

Important information

- Please make your doctor or MS team aware of any adverse effects
- Inform the MS team if you become pregnant whilst on the trial
- Do not drive or operate machinery during the trial period
- Adhere to the prescribed dosing schedule

The information in this leaflet is for guidance purposes only and is not provided to replace professional clinical advice from a qualified practitioner.

Your comments

We are always interested to hear your views about our leaflets. If you have any comments, please contact the Patient Experience Team – Tel: 0300 131 4731 (direct dial) or by email at: esh-tr.patientexperience@nhs.net

Hand hygiene

The Trust is committed to maintaining a clean, safe environment. Hand hygiene is very important in controlling infection. Alcohol gel is widely available at the patient bedside for staff use and at the entrance of each clinical area for visitors to clean their hands before and after entering.

Other formats

If you require any of the Trust leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department.

Tel: 0300 131 4434 Email: esh-tr.AccessibleInformation@nhs.net

After reading this information are there any questions you would like to ask? Please list below and ask your nurse or doctor.

Reference

The following clinicians have been consulted and agreed this patient information:

Trish Easton

Dr Monika Lipnicka-Khan

Dr Liya Suvorova

Janki Patel

The directorate group that have agreed this patient information leaflet:

Neurology

Next review date: March 2025

Responsible clinician/author: Trish Easton, Clinical Lead Nurse MS

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