



Date: February 2026

## **Medicines Update: Co-codamol tablet shortage**

### **Expected Dates – February to June 2026**

This is a **national medicines supply issue**; our practices are not in control of any supply of co-codamol tablets. Availability may be limited and may vary across community pharmacies.

Due to the scale of this issue, we are unable to proactively review every patient's medication.

Before contacting us, please ensure that:

- You have discussed with your usual pharmacy to establish whether they are able to supply your medication
- You have tried alternative local pharmacies, if your usual pharmacy is not able to supply your medication

During this shortage, there may be delays in issuing alternative prescriptions.

Please ensure you are using your medication safely.

We ask that you use the **minimum effective dose** need to control your pain. Please remember co-codamol is a combination medication containing codeine and paracetamol.

The maximum recommended dose of paracetamol for adults is 1g up to FOUR times daily (maximum 4g in 24 hours). Please ensure you leave at least 4 hours between doses of paracetamol and do not take any other paracetamol containing products at the same time.

If you are unsure what is safe for you, or you feel that you would like to discuss your medication, please contact the practice to request a medication review appointment, via PATCHS or telephone (whichever is most appropriate for your individual practice).

Please note, we are unable to offer urgent or same-day medication reviews solely due to the medicine shortage.

Please DO NOT:

- Request early prescriptions
- Request extra prescriptions
- Contact the practice to check stock availability

Thank you for your understanding whilst this national shortage continues.