**The Quarter Jack Surgery**

**Letter to patients taking quinine**

Dear patient

**RE: The prescribing of quinine products.**

As part of a Dorset Clinical Commissioning Group audit we are reviewing all patients who are prescribed quinine for the treatment of leg cramps.

We are recommending that if you do not currently have regular leg cramps that disturb your sleep, that you stop taking your quinine tablets for at least two weeks. In this time we would recommend following the self-help advice and keeping a “sleep and cramp diary” as detailed in the patient information leaflet for the treatment of leg cramps.

Please let us know the outcome of your 2 week trial without quinine by downloading this letter, ticking one option below and returning the reply slip

Full name……………………………………………………………Date of birth………..…………

□ I stopped my quinine for 2 weeks and noticed no change. I am happy to remove quinine from my repeat medication list. (If your cramps return at a later date, please book a telephone appointment with Pharmacist Steve Costello.)

□ My quinine is effective and I need to continue taking them.

**PLEASE DO NOT INCLUDE QUESTIONS ON THIS REPLY** **SLIP** - If you would like to speak to someone about your quinine prescription, please book a telephone appointment at the surgery with Pharmacist Steve Costello, using your usual surgery contact number. Alternatively your community pharmacist may be able to help you with any questions you have regarding quinine.

Yours sincerely

The Quarter Jack Surgery