Review of patients on Vitamin B Compound Strong/Compound formulations and thiamine for the management of alcohol disorders

Vitamin B Compound Strong and Vitamin B Compound

Only recommended for short term (10 days) to prevent refeeding problems in people who have eaten little, or nothing, for more than 5 days under care of specialist (Vitamin B Compound Strong 1 or 2 tabs three times daily)

Stop

Thiamine

Where the patient is pregnant or adolescent, contact specialist services for advice.

Is the patient still drinking alcohol?

Yes

Harmful or Dependent Drinker where they are:
- malnourished or at risk or malnourishment
  - or
- have decompensated liver disease
  - or
- in acute withdrawal
  - or
- before planned withdraw

100mg three times daily
Continue indefinitely whilst patient is still drinking and risk factors remain.

No

If they remain malnourished, continue at 50mg once daily for as long as malnutrition is present.

Stop and provide leaflet on dietary intake.

If the patient stops drinking, or drinks in line with national guidance, reduce dose of thiamine to 50mg once daily. Review after 3 months, with a view to stop and provide dietary intake, if patient no longer malnourished.

Where Thiamine is no longer required, patient’s can purchase multivitamins over the counter, if they wish.

NICE Guidelines NG100 does not recommend routine prescribing of Vitamin B Compound formulations.

Cambridgeshire and Peterborough Clinical Commissioning Group

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