

Vitamin B Compound or Vitamin B Compound Strong prescribing is not supported in primary care for the prevention of Wernicke's encephalopathy.

Vitamin B compound and vitamin B compound strong tablets are combinations of various B vitamins, including thiamine, that have been used historically in patients with alcohol-use disorder. However the NICE Clinical Guideline (CG100) for Alcohol-use disorders: diagnosis and management of physical complications <https://www.nice.org.uk/guidance/cg100> recommends that **only** thiamine is prescribed for patients at risk of Wernicke's encephalopathy. The NICE guidance recommends oral thiamine should be offered to harmful or dependent drinkers if they are malnourished (or at risk of malnourishment), have decompensated liver disease, are in acute withdrawal, or before and during a planned medically assisted alcohol withdrawal. **For patients meeting the NICE criteria prescribe Thiamine 100mg bd or tds.**

Recommendations:

- Do not initiate vitamin B compound or compound strong tablets for patients with alcohol use disorder.
- Do not continue any vitamin b compound or vitamin b compound strong tablets prescribed at discharge (Agreed with local specialists-patients with, or at risk of re-feeding syndrome may have it prescribed in hospital and be supplied 28 days at discharge).
- For patients who wish to have a dietary supplement these products are available OTC (as are other multivitamins for patients who feel they would benefit from supplementation).
- For patients meeting the NICE criteria above, ensure oral thiamine is prescribed at a dose of 100mg bd or tds