



### Medicines of Low and Limited Clinical Value (MOLLCV)

*Classification - Items of low clinical effectiveness, where there is a lack of robust evidence of clinical effectiveness or there are significant safety concerns.*

#### OMEGA- 3 Fatty Acids

##### ACTIONS

- SHARE** – Ensure all prescribers are aware of these national recommendations
- STOP** – do not prescribe Omega-3 fatty Acids for any new patients
- REVIEW** – existing patients prescribed Omega-3 Fatty acids should be reviewed and deprescribed, where safe to do so

##### Background Information:

- Omega-3 fatty acid compounds are essential fatty acids which can be obtained from the diet. They are licensed for adjunct to diet and statin in hypertriglyceridemia; adjunct to diet in type IV hypertriglyceridemia. Omega-3 fatty acid compounds can be bought over the counter.
- Omega-3-acid ethyl esters (Omacor®) is **not** recommended by the Scottish Medicines Consortium (SMC) for use within the NHS Scotland for hypertriglyceridaemia.
- [A recent MHRA drug safety update highlighted a dose-dependent increased risk of atrial fibrillation in individuals with established cardiovascular diseases or cardiovascular risk factors taking Omega-3-acid ethyl ester medicines \(Omacor®/Teromeg® 1000mg capsules\).](#)
- There is no good quality data for the use of omega-3 fatty acid compounds in prevention of dementia, pre-menstrual syndrome, attention-deficit hyperactivity disorder (ADHD), atrial fibrillation, eczema, osteoarthritis, or age-related macular degeneration.
- **Individuals currently prescribed omega-3 fatty acids should be reviewed.** Acute pancreatitis can be precipitated on withdrawal in those prescribed omega-3 fatty acids for disorders of triglyceride metabolism, therefore, any review in these individuals should be made in conjunction with relevant specialist teams.

##### Prescribing Information:

NHS Grampian highlighted Omega-3 in 2018, on the 'Do Not Prescribe' list. Numbers of patients have reduced since this time, with only 51 patients remaining.

The lipid clinic no longer prescribe Omega-3. They may occasionally recommend patients may wish to purchase this 'over the counter' (OTC).

##### Dr Karen Mitchell, Clinical Lead Lipid Service NHSG states:

- For discontinuation, if patients are maintaining a triglyceride <10mmol/L, it would be safe to reduce or discontinue, depending on their daily dose.
- For some patients with significantly high triglycerides, without a genetic condition, continuation of omega-3 may be beneficial with controlling their levels and reducing risk of pancreatitis – (Note as above this can be purchased OTC).

*Lipid Service/Dr Mitchell can be contacted for specific patient advice, if required.*

Information extracted from Scottish Government: [Prescribing – Achieving value and sustainability – draft guidance: consultation July 2024](#)