

Summary of Lothian Joint Formulary Amendments

The purpose of this summary is to detail the main changes to the LJF sections and provide additional information on the reasons for some of the changes. The month indicates when Formulary Committee approved the changes. The website chapters should be referred to for full details. All of the amendments detailed appear on the new website platform which can be found here: formulary.nhs.scot/east/.

See the 'History Notes' for a brief description of the change and the date of the change, as in the example below.

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Treatment of pain in palliative care

Prescribing Notes:

- The [National Palliative Care Guidelines](#) have been developed by a multidisciplinary group of professionals working in the community, hospital and specialist palliative care services throughout Scotland and are used in all Scottish Health Boards.
- The guidelines reflect a consensus of opinion about good practice in the management of adult patients with a life limiting illness.
- Guidelines on individual symptoms are available. Each page has some introductory information, links to related guidelines and web resources. The individual guidelines are in PDF format and can be downloaded or printed off.

History Notes

20/10/2020

Content migrated from LJF website.

Note that the formulary recommendations on the new website platform for the East Region Formulary are currently Lothian recommendations only.

August and September 2021

[Home](#) > [Therapeutic Areas](#) > [Cardiovascular system](#) > [Cardiovascular conditions](#) > [Atrial fibrillation](#) > **Adult Anticoagulation for atrial fibrillation**

- Prescribing information is expanded to include information from July 2021 National Patient Safety Alert (NPSA) on anticoagulation in mechanical heart valves.

[Home](#) > [Therapeutic Areas](#) > [Cardiovascular system](#) > [Cardiovascular conditions](#) > **Adult Pulmonary embolism**

- Prescribing notes have been edited to reflect formulary amendment for apixaban June 2021. Apixaban may be considered for specialist initiation for patients with active cancer for either DVT or PE treatment and prevention of recurrence. For more details refer to the section and the Edinburgh Cancer Centre antithrombotic guidelines.

[Home > Therapeutic Areas > Cardiovascular system > Cardiovascular conditions > Adult Venous thromboembolism](#)

- Prescribing notes have been edited to reflect formulary amendment for apixaban June 2021. Apixaban may be considered for specialist initiation for patients with active cancer for either DVT or PE treatment and prevention of recurrence. For more details refer to the section and the Edinburgh Cancer Centre antithrombotic guidelines.

[Home > Therapeutic Areas > Central nervous system > Anxiety disorders > Obsessive compulsive disorder \(OCD\) > Child Treatment of OCD](#)

- The formulary has been updated to reflect that sertraline for the treatment of OCD in children can be continued in primary care after being initiated by a specialist.

[Home > Therapeutic Areas > Central nervous system > Parkinsonism and related conditions > Parkinson's disease >](#)

Adult Treatment with dopamine enzyme inhibitors

- Dose instructions for Stalevo [levodopa/carbidopa/entacapone] have been corrected and additional strengths added to the formulary.

[Home > Therapeutic Areas > Endocrine system > Diabetes Mellitus >](#)

Adult Diabetes Mellitus - type 2

The adult type 2 diabetes recommendations have been reviewed with input from local specialists, key changes are detailed here, refer to the formulary pathway for full information and links to supporting prescribing materials.

- Introductory text has been updated to include information on the use of oral antidiabetic medications in women of reproductive age, lifestyle and 'Sick day guidance'
- Gliclazide information updated to reflect change in prescribing practice. In people with a BMI > 25kg/m² presenting with 'typical' type 2 diabetes who are intolerant of, or have contraindications to metformin, gliclazide is no longer the preferred first line oral agent and specialist advice should be sought. Situations where it remains a useful option have been detailed in the prescribing notes.
- Glipizide has been removed from the formulary.
- SGLT2 inhibitors are now the agent of choice as dual therapy 2nd line

treatment and prescribing notes have been revised. The choice of product is dependent on eGFR.

- The section on GLP-1 agonists (Triple therapy - 3rd line treatment) has been updated to indicate that oral semaglutide is preferred to injectable GLP-1 agonist. Prescribing notes have been revised to include further information on side-effects and cautions with GLP-1 agonists and administration requirements for oral semaglutide.
- Sitagliptin and pioglitazone have been moved to 4th line – under specialist advice.

Home > Therapeutic Areas > Endocrine system > Pituitary gland > Growth hormone deficiency > Adult and Child Treatment of growth hormone deficiency

- Zomacton brand of somatropin deleted from prescribing notes.

Home > Therapeutic Areas > Endocrine system > Thyroid and parathyroid disease > Hypothyroidism > Adult and Child Treatment of hypothyroidism

- Prescribing note added to reflect new prescribing advice for patients who experience symptoms on switching between different levothyroxine products (Drug Safety Update May 2021).

• **Home > Therapeutic Areas > Endocrine system > Child**

The paediatric endocrine recommendations have been reviewed by local specialists to reflect current practice. Where relevant recommendations are aligned with the adult formulary content, key changes are detailed here, refer to the chapter for full details.

- Alkindi 0.5mg, 1mg, 2mg and 5mg (hydrocortisone) granules in capsules for opening have been added to the formulary for the treatment of adrenal insufficiency on specialist advice
- Information on administration of fludrocortisone and hydrocortisone formulations and guidance on managing adrenal insufficiency in emergency situations has been added to prescribing notes.
- Freestyle Libre is replaced on the formulary by Freestyle Libre 2.
- Insulin aspart (Fiasp) has been added to the formulary as a 2nd line option for rapid acting insulin
- Insulin degludec 100units/ml solution for injection 3ml cartridges has been

added to the formulary as a 1st line option for long acting insulin. It is available in two strengths however only the 100units/ml cartridges are used in children's services so care must be taken to ensure the correct product is prescribed.

- New section for corticosteroids – general use added.
- DDAVP [desmopressin] melts are added as the preferred formulation for the treatment of diabetes insipidus and other preparations have been removed.
- The section on sex hormone disorders has been updated with changes to product choices, the order of choices and revision of the prescribing notes including links to specialist UK guidelines. Product changes include addition of transdermal estradiol (Evorel 25 patch off-label), Sustanon 250mg/1ml solution for injection ampoules (off-label) and removal of Zoladex 10.8mg LA.
- The section on hyperthyroidism has been updated to align with the adult section including current information on preferred choices in relation to potential toxicities and risk during pregnancy
- The number of propranolol oral solution formulations have been reduced to include only one strength - propranolol 5mg/5ml oral solution sugar free.
- The treatment of hypoparathyroidism notes now include guidance around supplemental calcium.

[Home > Therapeutic Areas > Endocrine system > Sex hormone disorders > Menopausal symptoms > Adult - various pathways \(treatment of menopausal symptoms\)](#)

- A reminder has been added for Estradiol patches to indicate whether once or twice weekly administration is required.

Women with a uterus (sequential combined - transdermal)

- Estradiol patch strength corrected.
- Sandrena [estradiol] gel OR Lenzetto [estradiol] spray in combination with medroxyprogesterone tablets have been added as 3rd line option

Women with a uterus (continuous combined - transdermal)

- Sandrena [estradiol] gel in combination with either medroxyprogesterone tablets OR Mirena [levonorgestrel] IUS have been added as 3rd line option.

Women without a uterus (unopposed oestrogens)

- Estradiol patch strength and dose instructions have been updated in line with product availability (40mcg/h and 80mcg/h patches discontinued)
- Lenzetto [estradiol] spray has been added as a 2nd line option.

[Home > Therapeutic Areas > Gastro-intestinal system > Colonic disorders >](#)**Adult and Child Constipation**

- 'Macrogol 3350' was corrected to 'Macrogol compound'

[Home > Therapeutic Areas > Infections > Eye > Bacterial conjunctivitis >](#)**Child Treatment of bacterial conjunctivitis**

- Chloramphenicol eye drops dose instructions for children under 2 years of age and prescribing notes have been updated in line with July 2021 MHRA review "[Chloramphenicol eye drops containing borax or boric acid buffers: use in children younger than 2 years](#)".

[Home > Therapeutic Areas > Infections > Eye > Chlamydia conjunctivitis >](#)**Child Treatment of neonatal chlamydia conjunctivitis**

- Prescribing note revised to indicate that, if there are no available products licensed for use under 2 years, chloramphenicol eye ointment may be used off-label on prescription.

[Home > Therapeutic Areas > Infections > Eye > Corneal abrasions >](#)**Child Treatment of corneal abrasions**

- Prescribing note revised to indicate that, if there are no available products licensed for use under 2 years, chloramphenicol eye ointment may be used off-label on prescription.

[Home > Therapeutic Areas > Infections > Viral infections > Herpes zoster \(shingles\) > Pharmacy First - Shingles](#)

- Oral aciclovir is available on Pharmacy First under PGD for patients over 18 who are immunocompetent and have an untreated acute shingles rash on their torso involving a single dermatome and present for less than 72 hours.
- Counselling points and GP referral criteria are listed.

[Home > Therapeutic Areas > Infections > Wound and skin > Cellulitis >](#)**Pharmacy First – Bacterial Skin Infections**

- Flucloxacillin is available on Pharmacy First under PGD for patients over 18 years of age with either an infected insect bite, cellulitis or acute paronychia

with signs of cellulitis. • Counselling points and GP referral criteria are listed.
Home > Therapeutic Areas > Malignant disease and immunosuppression > Malignant disease > Bone issues associated with malignancy > Adult Prevention of skeletal related events in patients with multiple myeloma • Pamidronate 15mg/5ml and 90mg/30ml solution for infusion vials have been discontinued. Pamidronate 90mg/10ml vials have been added. Pamidronate 30mg/10ml remains available.
Home > Therapeutic Areas > Malignant disease and immunosuppression > Malignant disease > Breast cancer: metastatic > No prior adjuvant tamoxifen • Reference to goserelin and the shared care agreement (SCA) has been removed and changed to gonadorelin analogue in the prescribing notes, with leuprorelin (Prostap DCS) being the preferred option (specialist initiation). Breast cancer: metastatic > Prior adjuvant tamoxifen • As above Breast cancer: pre- or peri-menopausal > Adjuvant therapy • As above
Home > Therapeutic Areas > Musculoskeletal and joint diseases > Musculoskeletal and joint diseases > Ankylosing Spondylitis > Adult Treatment of Ankylosing Spondylitis • Preferred biosimilar for infliximab changed from Inflectra to Remsima in prescribing notes. • Rituximab (Truxima) not used for this indication so removed from prescribing notes.
Home > Therapeutic Areas > Musculoskeletal and joint diseases > Musculoskeletal and joint diseases > Psoriatic arthritis > Adult Treatment of Psoriatic arthritis with biologics • Preferred biosimilar for infliximab changed from Inflectra to Remsima in prescribing notes. • Rituximab (Truxima) not used for this indication so removed from prescribing notes.

[Home > Therapeutic Areas > Musculoskeletal and joint diseases >](#)

[Musculoskeletal and joint diseases > Rheumatoid Arthritis >](#)

Adult Treatment of Rheumatoid Arthritis with biologics

- Preferred biosimilar for rituximab (3rd line option) changed from Truxima to Ruxience.
- Preferred biosimilar for infliximab changed from Inflectra to Remsima in prescribing notes.

[Home > Therapeutic Areas > Musculoskeletal and joint diseases >](#)

[Musculoskeletal and joint diseases > Rheumatoid Arthritis >](#)

Adult Treatment of Rheumatoid Arthritis with DMARDs

- Hydroxychloroquine 300mg tablets have been added to the formulary.

[Home > Therapeutic Areas > Nutrition and blood > Blood > Iron deficiency](#)

[anaemia > Adult Parenteral treatment of iron deficiency anaemia](#)

- Iron isomaltoside 1000 name has changed to ferric derisomaltose.

Additional list (see Formulary Decisions)

For details of the Lothian Formulary Committee decisions from the meeting on the 25 August and East Region Formulary Committee decisions from the 23 September refer to the [minutes](#) or alternatively search [Formulary Decisions](#) with the start date 25 August 2021. See example below:

Lothian Joint Formulary

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Home > Formulary Decisions

Formulary Decisions

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