



Summary of updates to East Region Formulary (ERF) website.

The purpose of this summary is to detail the main changes to the ERF. 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/.

Note that there are a few remaining paediatric chapters on the new website platform for the East Region Formulary that are old Lothian recommendations awaiting review by representatives from the region.

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

A 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.
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Chapter	Adult or Child	ERF or LJF (until future ERF chapter review)	Group	Condition	New content	Month of ERWG/ ERFC
CNS	Adult	ERF	Pain Related Conditions	Migraine	Delete text on migraine pathway on when to consider prophylaxis - signposts are already included to national guidelines for current up to date guidance	ERWG March 2025
CNS	Child	ERF	Disorders of sleep	Insomnia	Addition of Ceyesto – Melatonin 1mg/ml oral solution SF	ERWG March 2025
CNS	Adult	ERF	Neuropsychiatric and developmental disorders	ADHD	Elvanse adult discontinued, elvanse licnese includes adults and children	ERWG March 2025
CNS	Child	ERF	Anxiety disorders	Generalised anxiety disorder, obsessive compulsive disorder, panic disorder, social anxiety disorder and depression	ERFC Feb 2025 Removal of Sertraline 50mg/5ml oral solution and addition of Sertraline 50mg/ml Oral Suspension sugar free	ERWG March 2025
CNS	Adult	ERF	Substance dependence	Substance dependence > Opioid overdose - treatment with naloxone	Addition of Naloxone 1.26mg/0.1ml nasal spray unit dose strength	ERWG March 2025
Endocrine	Adult	ERF	Menopause	Menopausal symptoms	Tridestra discontinued	ERWG March 2025
Endocrine	Child	ERF	Primary adrenal insufficiency (Addison's Disease)	Addison's disease	Remove prednisolone 2mg tablets	ERWG March 2025
Endocrine	Child	ERF	Precocious Puberty	Precocious Puberty	MSAN gonapeptyl depot	ERWG March 2025

ENT	Adult	ERF	Oral Ulceration	Oral Ulceration	Update of prescribing information for beclomethasone soluble tablets used as a mouthwash (off-label).	ERWG March 2025
Eye	Child	ERF	Eye conditions	Glaucoma	ULM acetazolamide 125mg/5ml removed, confirmed not used in service	ERWG March 2025
Eye	Adult	ERF	Eye conditions	Treatment of severe dry eye	Addition of Ciclosporin: Cequa (SMC2739), Cequa 0.9 mg/ml eye drops	ERWG March 2025
Infection	Adult	ERF	Ulcers	Diabetic foot ulcers	Update weblinks to RDS Diabetic Foot infection guidance (NHS Lothian) change title from ulcers to diabetic foot ulcers and also link condition pathway under diabetes mellitus conditions	ERWG March 2025
Malignant disease and Immunosuppression	Adult	ERF	Urological Cancers	Treatment of Prostate Cancer	Addition of Relugolix: Orgovyx	ERWG March 2025
Skin	Pharmacy First	ERF	Skin conditions	Scalp Disorders	pharmacy first update march 25 metanium discontinued coal tar extract 2% shampoo discontinued	ERWG March 2025
Skin	Adult and Child	ERF	Skin conditions	Nappy Rash	Metanium discontinued	ERWG March 2025

To review Formulary Decisions noted at the East Region Formulary Committee refer to the [Minutes of East Region Formulary](#)

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13 14 15 16 17 18 19
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