



East Region Formulary



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	Group	Condition	New content	Month of ERWG/ERFC
CNS	Adult & Child	Disorders of sleep	Insomnia and Anxiety	Addition of information from MHRA on improving information supplied with Gabapentinoids (Pregabalin/Gabapentin), Benzodiazepines and Z-Drugs - GOV.UK. Removal of diazepam 2mg/5ml oral solution sugar free.	April 2026
CNS	Adult	Pain related conditions	Pain	Addition of link to SIGN Chronic Pain (20251210-sign-chronic-pain-part-1.pdf); recommendations for opioids agreed; and consider Naloxone for people with chronic pain prescribed opioids who may be at risk of overdose. Current Co-codamol supply issue is noted.	April 2026
CNS	Adult	Psychoses and related disorders	Schizophrenia	Ariprazole new formulation.	April 2026
CNS	Adult	Nausea and vertigo conditions	Nausea and Vomiting in Pregnancy	Addition of Xonvea for restricted use in women with nausea and vomiting in pregnancy for whom Cyclizine and Prochlorperazine have proven ineffective, and they continue with a PUQE score > 6.	April 2026
CNS	Adult	Neuro-muscular disorders	MND: treatment of ALS	Addition of Riluzole 50mg orodispersible films.	April 2026
CNS	Adult	Pain related conditions	Post-herpetic neuralgia	Capsaicin - removal of diabetic peripheral polyneuropathy indication, pending CEWG review.	July 2026
GI	Adult & Child	Colonic disorders	Adult - Constipation and Child - Irritable Bowel Syndrome	Fybogel changed to generic description.	April 2026

GI	Adult	Bowel disorders	Ulcerative Colitis	Ocatasa 1600mr update to dosing information as per BNF for this formulation	April 2026
MSK and joint diseases	Adult	MSK and joint diseases	Giant Cell Arteritis	ERFC January 26 Tocilizumab: Avtozma.	April 2026
MSK and joint diseases	Adult	MSK and joint diseases	Axial spondyloarthritis	Various pathway updates to reflect order of treatment choices, additions of Bimekizumab, Golimumab, and others.	April 2026
Nutrition and Blood	Adult	Blood	Kidney disease	Revised order of SGLT2i Dapagliflozin in preference to Empagliflozin unless Dapagliflozin is unsuitable.	April 2026
Respiratory	Adult and Child	Respiratory disorders	Allergy	Emerade discontinued.	April 2026
Pharmacy First	Pharmacy First	Various	Various	Addition of new hydrocortisone and oral nystatin PGDs for Pharmacy First.	April 2026
Infections	Adult	Wound and skin	Impetigo	Formulary Amendment - change of clarithromycin course length for impetigo.	May 2026
Infections	Child	Central nervous system	Meningococcal disease	Formulary Amendment - change of cefotaxime dose for age 16-17 to align to adult dose prior to hospital.	May 2026
Infections	Adult	Gastro-intestinal	Clostridium Difficile Infection	Formulary Amendment - treatment of first episode of Clostridioides difficile infection (CDI) removal of metronidazole to align to national guidance.	May 2026

To review Formulary Decisions noted at the East Region Formulary Committee refer to the [Minutes of East Region Formulary Committee](#) or alternatively search [Formulary Decisions](#) with the relevant start date. See example below:

Lothian Joint Formulary

Therapeutic AreasMedicines A-ZConditions A-ZMedicine CategoriesFormulary Decisions

Home > Formulary Decisions

Formulary Decisions

Search for the outcome of decisions made by the Formulary Committee

Generic medicine name

Medicine brand name

Therapeutic area

Please select...

Start date

Wednesday December 16, 2020

2020

December

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

End date

Source

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