



Nottingham and
Nottinghamshire

Area Prescribing Committee / Interface Update July 2022

Please direct queries to your ICB medicines
optimisation pharmacist

or e-mail nnicb-nn.nottsapc@nhs.net

New Submissions

- **Estradiol transdermal spray (Lenzetto®) – added as GREEN**
 - Indication: hormone replacement therapy (HRT) for oestrogen deficiency symptoms in postmenopausal women.
 - Will be added to the [Nottinghamshire HRT formulary choices document](#)
- **Venlafaxine – added as AMBER 2**
 - Indication: narcolepsy with cataplexy in adults.
 - Dose of 37.5mg-375mg daily and the modified release preparation is requested.
 - [European guideline on the management of narcolepsy in adults and children](#)
- **Clomipramine – added as AMBER 2**
 - Indication: narcolepsy with cataplexy in adults.
 - Dose of 10mg to 100mg daily.
 - [European guideline on the management of narcolepsy in adults and children](#)

New Submissions

- **Estradiol and dienogest (Qlaira®) – added as AMBER 2**
 - Indication: oral contraception when other methods of contraception (including other combined hormonal contraceptives, oral progesterone only contraceptives and copper intrauterine device) are not tolerated or are unsuitable. It is also indicated for the treatment of heavy menstrual bleeding in women without organic pathology who desire oral contraception.
 - Qlaira® has different missed-pill rules and has five different types and colours of pills.
 - The specialist will monitor every 3-6 months until stable. Thereafter patients will be discharged to primary care and require minimum annual monitoring of blood pressure and BMI.
- **Estradiol and norgestimate (Zoely®) – added as GREY (non formulary)**
 - Indication: oral contraception.
 - Classified as grey (non formulary) as it offers no advantage above Qlaira®.

Guidelines (ratified between meetings)



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[Dermatophyte Infection of the Proximal Fingernail or Toenail](#) (UPDATED)

Main changes:

- Monitoring liver function tests is recommended at baseline and 1 month into treatment for both terbinafine and itraconazole. Discontinue if there are abnormalities in liver function tests.
- No repeat course advice for terbinafine (BNF).
- Patient leaflet added.
- Information added to “consider checking for athlete’s foot and treat as appropriate”.

Growth Hormone [Shared Care Protocol](#) and [Information Sheet](#) (UPDATED)

Main changes:

- Removed Zomacton® following discontinuation.
- Addition of gynaecomastia and pancreatitis as adverse effects.
- Specialist contact details updated.

Guidelines



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Community Acquired Pneumonia (UPDATED)

Main changes:

- Amoxicillin dose for moderate severity community acquired pneumonia (CAP) amended to a range of 500mg to 1000mg three times a day in line with the NUH CAP guidelines (consistent with BNF).
- QT interval and pregnancy warnings added to clarithromycin and erythromycin.
- Antibiotic treatment for children and young people added.

Whooping cough (UPDATED)

Main changes:

- Based on recently updated NICE CKS guidance (April 2022).
- This is a notifiable disease and links to the reporting mechanism have been added.
- Treatment should only be started if the onset of cough is within the last 21 days.
- A macrolide antibiotic is the first line choice.
- Antibiotic treatment and prophylaxis doses added.
- Patient information and definitions of the priority groups of patients added.

Tuberculosis (UPDATED)

No major changes apart from version control.

Guidelines continued



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Blepharitis (UPDATED)

Main changes:

- Eyelid hygiene advice and patient information leaflet added.
- Antibiotics are not routinely required.

Influenza (UPDATED)

Main changes:

- Adult and children doses for treatment and post-exposure prophylaxis included.
- Oseltamivir doses in renal impairment as per NUH guidelines (from National Renal Handbook).

Oral Candidiasis (UPDATED)

Main changes:

- Based on recently updated NICE CKS guidance (May 2022).
- Lifestyle and self-care guidance added.
- Childrens doses and warnings regarding concomitant use of oral miconazole gel with warfarin, statins and sulphonylureas added.
- Off-licence miconazole gel doses for children < 4 months of age added.
- Link to Breast Feeding Network included.

Guidelines continued



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Otitis Externa Acute and Chronic (UPDATED)

Main changes:

- Based on recently updated NICE CKS guidance (February 2022).
- Lifestyle and self-care guidance added.
- Acetic acid 2% spray/drops remains first line choice for both acute and chronic otitis externa. Available to buy over the counter for adults and children >12 years.
- Prescribe clotrimazole 1% as solution; there isn't an ear drop formulation. Also available over the counter.
- Oral antibiotics are only required if there are signs of spreading cellulitis.

Out of Area Prescribing Requests (UPDATED)

Main changes:

- No significant changes, information/user guide has also been updated.

Home Oxygen Pathway for Cluster Headaches (UPDATED)

Main changes:

- Cluster headache confirmed by neurologist who sends a standard letter to the GP for oxygen therapy.
- GP then refers the patient to the Community Home Oxygen Service (HOS-team).
- HOS-team assesses the patient and, if safe, the GP prescribes oxygen. The HOS-team review the patient in 6-12 months and ongoing.
- Guideline will be linked to the upcoming overarching pain guidelines.

Guidelines continued



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[Naltrexone Information Sheet \(UPDATED\)](#)

Main changes:

- Monitoring section updated to clarify that liver function tests (LFTs) should be monitored at baseline, 4 weeks, annually and when clinically indicated.
- New section on pregnancy and breastfeeding added.

[Alcohol Dependence Guidelines \(UPDATED\)](#)

Main changes:

- Contact details for specialist midwives updated and city alcohol pathway summary included.
- MHRA advice on chlordiazepoxide and risk of genotoxicity added.

[Gastroprotection \(with PPI\) for patients on NSAID or antiplatelet \(NEW\)](#)

Developed in conjunction with specialists at NUH and SFHFT, after a request from primary care.

- Where an NSAID (or antiplatelet) is indicated, and to reduce the risk of gastrointestinal adverse effects, the lowest effective dose for the shortest duration of treatment should be used.
- Patients at risk of gastrointestinal effects may be prescribed a proton pump inhibitor (PPI), but evidence has started to emerge regarding the long-term risk of PPIs, so the risk vs benefit for patients must be considered.
- This guidance does not replace clinical judgement, but enables an assessment of the risks vs benefits of gastrointestinal risk and PPI risk.
- Guidance will be adopted by NUH and SFHFT and added to their cardiology guidelines.

Guidelines continued



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Aminosalicylates in Inflammatory Bowel Disease in Adults (UPDATED)

- Annual monitoring of liver function tests, U&Es and full blood count is required once stable, although 6-monthly monitoring may be necessary for some patients.

Traffic light changes



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- **Dressing retention systems (e.g. Hidrawear®)** – clarified as **GREY** (no formal assessment).
- **Olmotec Plus® (various strengths of olmesartan/hydrochlorothiazide)** – clarified as **GREY** (no formal assessment).
- **Lixisenatide** – changed to **GREY** - treatment initiation packs and 10micrograms/0.2mL solution for injection have been discontinued so this can't be initiated for new patients.
- **BCG bladder instillation (OncoTICE®)** – clarified as **RED** (used at SFH in bladder cancer).
- **Denosumab (Prolia®)** – MHRA safety alert link added – should not be used in patients under 18 years due to the risk of serious hypercalcaemia.
- **Bempedoic acid/ezetimibe (Nustendi®)** – reclassified to **AMBER 3** (was amber 2).
- **Tiotropium (Tiogeva®)** – added brand to the formulary as a cost-effective choice.
- **Levetiracetam** – removed administration advice for intravenous (IV) preparation.
- **Hydrofilm® Plus** – added as **GREEN**. Included in City and Mid Nottinghamshire wound care formularies.

Horizon scanning



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- **VLA2001® ▼ COVID-19 vaccine** – no action at present, to confirm if there are plans to use locally.
- **Fidaxomylin granules for oral suspension (Dificlir®)** – added as an alternative to tablets.
- **Chloral hydrate 500mg/5mL oral solution** – new licensed formulation, removed formulary references to the solution being unlicensed.
- **NovoPen® 6 and NovoPen® Echo Plus** – added as **GREEN** to replace NovoPen® 5 and NovoPen® Echo.
- **Sitagliptin/metformin (Janumet®)** – bioequivalent generic now available.
- **Budesonide 4mg modified release capsule (Kinpeygo®)** – added as **GREY** (no formal assessment).
- **Melatonin tablets (Adaflex®)** – added as **GREY** (no formal assessment).

Miscellaneous



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Ferrous sulphate

- Once daily dosing is now preferred by the [British Society of Gastroenterology guidance](#) for the treatment of iron deficiency anaemia in adults.

National shared care protocols

- The new national shared care protocols are currently being reviewed locally.
- Please continue to use the existing [local shared care protocols](#) until advised otherwise.

Preferred Prescribing List

- The updated version has been ratified by the ICB senior pharmacist team and is available via the Medicine Optimisation website [here](#).

Area Prescribing Committee

Work Plan



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Coming soon:

- Appropriate prescribing of salbutamol inhalers to reduce carbon (environmental) impact (new)
- Transgender collaborative care protocol and prescribing information sheets (new)
- Transgender position statement (update)
- Antimicrobial guidelines (update)
- Midodrine information sheet (update)
- Bariatric surgery – medication and monitoring (update)
- Shared care patient information leaflets (new)
- Steroid card letter (new)
- Stoma formulary (update)
- Antidepressants in primary care (update)
- Diabetes guidelines (update)
- Overarching pain guideline (new)
- Testosterone for women information sheet (new)

Further Information

- [Nottinghamshire Area Prescribing Committee Website](#)
- [Nottinghamshire Joint Formulary Website](#)
- [Nottinghamshire Area Prescribing Committee Bulletins](#)
- [Nottinghamshire Area Prescribing Committee Meeting Minutes](#)
- [ICB Preferred Prescribing List](#)
- [Guide to setting up SystemOne formulary in GP practices](#)
- Report non-formulary requests from secondary care via eHealthscope (no patient details)
<https://ehsweb.notts.nhs.uk/Default.aspx?tabid=223>



**Please direct queries to your ICB medicines optimisation pharmacist
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