

Borders Joint Formulary to East Region Formulary – summary of main changes APRIL 2023 – abbreviated

BNF ADULT Chapters	Condition/medicine class	ERF change/ New ERF Entry	Action/information/?switch
Gastro-intestinal System	New Onset Constipation	<i>First line. Dietary manipulation; Second line. Ispaghula husk or macrogol compound; Third line. Glycerol suppositories, senna or bisacodyl Removal of lactulose for this indication</i>	Awareness for prescribing change
Gastro-intestinal System	Chronic Constipation	<i>First line. Ispaghula husk; Second line. Macrogol compound Removal of lactulose for this indication</i>	Awareness for prescribing change
Gastro-intestinal System	Treatment of anal fissure	<i>Addition of Lidocaine 5%</i>	Awareness for prescribing change
Cardiovascular System	Anticoagulation for atrial fibrillation	<i>Edoxaban added as equal first choice with apixaban</i>	Awareness for prescribing change
Cardiovascular System	Statins	<i>First choice atorvastatin Second choice rosuvastatin Simvastatin removed from formulary</i>	Awareness for prescribing change
Cardiovascular System	ARBs	<i>Addition of losartan, removal of irbesartan</i>	Awareness for prescribing change
Respiratory System	Asthma	Soprobe 100microgram, 200 microgram, 250 microgram replaces Clenil	Associated cost efficiencies
Respiratory System	Asthma	Budesonide+formoterol- Fobumix easyhaler 80micrograms/4.5micrograms/dose, 160micrograms/4.5micrograms/dose replaces symbicort	Associated cost efficiencies
Respiratory System	Asthma	Fluticasone+salmeterol - Combisal replaces flutiform	Associated cost efficiencies
Respiratory System	COPD - bronchiectasis treatment with mucolytics	Acetylcysteine NACSYS 600mg effervescent tablets replace carbocysteine as first choice	Associated cost efficiencies
Central Nervous System	Pain	<i>Paracetamol dispersible preparation removed from formulary</i>	Awareness for prescribing change

Central Nervous System	Pain (Paracetamol+opioid combinations)	<i>Co-codamol 8/500 removed, co-codamol 30/500 and co-dydramol 30/500 added</i>	Awareness for prescribing change
Central Nervous System	Pain – medium potency opioids	<i>Codeine added Tramadol included for peri-operative use only. (Dihydrocodeine only in substance misuse section))</i>	Caution advised with new initiation of tramadol and dihydrocodeine – NHS Borders discussions to agree ongoing process
Central Nervous System	Chronic pain – strong opioids	<i>Maximum strength of Morphine MR 60mg, Oxycodone MR 30mg.</i>	Awareness for prescribing change
Central Nervous System	Pain	<i>Pregabalin removed from formulary</i>	Caution advised with new initiation of pregabalin – NHS Borders discussions to agree ongoing process
Infections	Oral candidiasis	First choice: Nystatin Second choice: Miconazole. Third choice: Fluconazole	Awareness for prescribing change
Infections	Generally – increased number of pathways	Changes in duration of treatment Less clarythromycin, more doxycycline	Awareness for prescribing change
Infections	Recurrent UTI	Simple measures/post trigger treatment doses/self start antibiotics/if antibiotic prophylaxis is prescribed – discontinue at 6 months unless continuation is clinically indicated.	Awareness for prescribing change
Endocrine	Osteoporosis	Accrete D3 1000mg/880units added to TheiCal D3 once daily options , Adcal D3 caplets 2 twice daily. Removal of Adcal D3 chewable tablets	Associated cost saving - switching from Adcal D3 chewable (£3.65/month v £2.95 (adcal D3 caplets, Theical D3, Accrete D3 One a day) Consider switch to once daily Theical D3
Endocrine	Menopausal symptoms – Estradiol preparations	Sandrena gel sachets and Lenzetto transdermal spray added as options	Awareness for prescribing change
Genito-urinary	Vaginal atrophy	Estradiol 10 microgram vaginal tablets -Vagirux is preferred cost-effective option	Associated cost savings

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Blood and nutrition	Iron deficiency anemia	Ferrous Fumarate 322mg or Ferrous Sulphate 200mg once daily	Awareness for prescribing change
Skin	Contact dermatitis- treatment with emollients (lightweight)	Liquid paraffin (Zerobase 11% cream)	Awareness for prescribing change
Skin	Contact dermatitis Treatment with emollients (heavy weight)	Emulsifying wax + Yellow soft paraffin (Hydromol ointment)	Awareness for prescribing change
Skin	Contact dermatitis Treatment with urea containing emollients	Urea (Flexitol 10% Urea cream) or Urea + Lauromacrogols (Balneum Plus cream)	Awareness for prescribing change
Skin	Contact dermatitis Treatment with soap substitutes and emollients for showering and bathing	Emulsifying wax + Yellow soft paraffin (Hydromol ointment)	Awareness for prescribing change
Skin	Contact dermatitis Treatment with soap substitutes and emollients for showering and bathing without antiseptic	Liquid paraffin+Isopropyl myristate (Hydromol Bath & shower emollient) or QV Gentle wash	Awareness for prescribing change
Wound formulary	Wounds	Significant changes to content	Awareness for prescribing change