

## Borders Joint Formulary to East Region Formulary – main changes at APRIL 2023

BNF ADULT Chapters	Group and condition	ERF change/ New ERF Entry	
Gastro-intestinal System	Constipation - 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>	
Gastro-intestinal System	Constipation - Chronic Constipation	<i>First line. Ispaghula husk; Second line. Macrogol compound Removal of lactulose for this indication</i>	
Gastro-intestinal System	Inflammatory Bowel Disorders	<i>Octasa MR tablets (SI) replace Pentasa MR tablets in the formulary – Salofalk MR granules and Mezavant XL remain in formulary</i>	
Gastro-intestinal System	Pancreatic Disorders	<i>Creon 25000 or Creon MicroPancreatin 60.12mg GR Capsules</i>	
Gastro-intestinal System	Abdominal pain associated with IBS	<i>Addition of nortriptyline (SI)</i>	
Gastro-intestinal System	Treatment of short bowel syndrome	<i>New pathway (SI)</i>	
Gastro-intestinal System	Treatment of UC – biologics and DMARDs	<i>New pathway (SUO)</i>	
Gastro-intestinal System	Opioid-induced constipation	<i>New pathway (SI)</i>	
Gastro-intestinal System	Uninvestigated dyspepsia	<i>New pathway</i>	
Gastro-intestinal System	Treatment of eosinophilic oesophagitis	<i>New pathway</i>	
Gastro-intestinal System	Treatment of anal fissure	<i>Addition of Lidocaine 5% and removal of GTN rectal ointment (not SMC approved)</i>	
BNF ADULT Chapters	Group and condition	ERF change/new ERF entry	
Cardiovascular System	cardiovascular conditions anticoagulation for atrial fibrillation	<i>edoxaban added as equal first choice with apixaban</i>	
Cardiovascular System	Statins	<i>First choice atorvastatin Second choice rosuvastatin Simvastatin removed from formulary</i>	

Cardiovascular System	Regular treatment of angina	<i>Addition of immediate release Isosorbide mononitrate</i>	
Cardiovascular System	ARBs	<i>Addition of losartan, removal of irbesartan</i>	
Cardiovascular System	Hypercholesterolaemia	<i>New pathway - includes MABs (SI)</i>	
Cardiovascular System	Hypertension	<i>New pathway</i>	
<b>BNF ADULT Chapters</b>	<b>Group and condition</b>	<b>ERF change/ New ERF Entry</b>	
Respiratory System	Respiratory disorders- asthma - regular preventer therapy DPI	First choice <b>Soprobec 100microgram, 200 microgram, 250 microgram replaces Clenil</b>	
Respiratory System	Respiratory disorders- asthma	Budesonide+formoterol- <b>Fobumix easyhaler 80micrograms/4.5micrograms/dose, 160micrograms/4.5micrograms/dose</b> replaces symbicort	
Respiratory System	respiratory disorders- asthma	Fluticasone+salmeterol - <b>Combisal</b> replaces flutiform	
Respiratory System	Follow up pharmacological treatment – dyspnoea and also exacaerbations (COPD)	New pathways	
Respiratory System	Treatment of ILD	New pathway	
Respiratory System	Respiratory disorders- COPD - bronchiectasis treatment with mucolytics	Acetylcysteine <b>NACSYS</b> 600mg effervescent tablets replace carbocysteine as first choice	

<b>BNF ADULT Chapters</b>	<b>Group and condition</b>	<b>ERF change/new ERF entry</b>	
Central Nervous System	Anxiety and depression pathways	<i>Updated and including TCAs (outwith specialist initiation). Esketamine (SUO) added in severe depression</i>	

Central Nervous System	Dementia with Lewy bodies	<i>New pathway (SI)</i>	
Central Nervous System	Multiple sclerosis	<i>New pathways included</i>	
Central Nervous System	Nausea and vomiting	<i>New pathways included</i>	
Central Nervous System	ADHD - Adult –(SI)	<i>New pathway introduced</i>	
Central Nervous System	Migraine	<i>Advanced therapies pathway introduced (SUO)</i>	
Central Nervous System	Pain	<i>Paracetamol dispersible preparation removed from formulary</i>	
Central Nervous System	Pain (Paracetamol+opioid combinations)	<i>Co-codamol 8/500 removed, co-codamol 30/500 and co-dydramol 30/500 added</i>	
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>	
Central Nervous System	Pain	<i>Pregabalin removed from formulary</i>	Caution advised with new initiation of pregabalin – NHS Borders discussions to agree ongoing process
Central Nervous System	Schizophrenia	<i>Addition of cariprazine (SI)</i>	
Central Nervous System	Nicotine dependence	<i>Addition of nicorette inhalator</i>	

<b>BNF ADULT Chapters</b>	<b>Group and condition</b>	<b>ERF change/new ERF entry</b>	
Infections	Oral candidiasis	First choice: Nystatin Second choice: Miconazole. Third choice: Fluconazole	
Infections	Generally – increased number of pathways	Changes in duration of treatment Less clarythromycin, more doxycycline	

Infections		Simple measures/post trigger treatment doses/self start antibiotics/if antibiotic prophylaxis is prescribed – discontinue at 6 months unless continuation is clinically indicated.	
	Recurrent UTI		

BNF ADULT Chapters	Group and condition	ERF change/new ERF entry	
Endocrine System	Diabetes Mellitis - Diagnostic and monitoring agents	Flash glucose monitoring - <b>FreeStyle Libre 2 Sensor (SI)</b>	
Endocrine System	Diabetes Mellitis - Diagnostic and monitoring agents	Capillary blood glucose monitoring - type 1 DM <b>4SURE or FreeStyle Optium</b>	
Endocrine System	Diabetes Mellitis - Diagnostic and monitoring agents	capillary blood glucose monitoring - type 2 DM <b>Accu-Chek Instant or 4SURE</b>	
Endocrine System	Diabetes Mellitis- Diagnostic and monitoring agents	capillary blood glucose monitoring - gestational diabetics - <b>4SURE</b>	
Endocrine System	Diabetes Mellitis- Diagnostic and monitoring agents	capillary blood glucose monitoring - people requiring district nurse support - <b>4SURE</b>	
Endocrine System	Diabetes Mellitis- Diagnostic and monitoring agents	capillary blood glucose monitoring - people requiring a voice meter - <b>Glucorx nexus</b>	
Endocrine System	Diabetes Mellitis- Diagnostic and monitoring agents	capillary blood glucose monitoring - secondary care - <b>Accu-Check Inform 11 or Accu-Check Performa</b>	
Endocrine System	Diabetes Mellitis- Diagnostic and monitoring agents	capillary blood ketone monitoring - <b>4SURE beta-ketone testing strips or FreeStyle Optium beta-ketone testing strips</b>	
Endocrine System	Diabetes Mellitis – Insulin (SI)	Lispro – Admelog and Lyumjev added	
Endocrine	Bone metabolism - Osteoporosis	Accrete D3 1000mg/880units added to TheiCal D3 once daily options , Adcal D3 caplets 2 twice daily. Adcal D3 chewable removed from formulary.	
Endocrine	Menopausal symptoms – Estradiol preparations	Sandrena gel sachets and Lenzetto transdermal spray added as options	

BNF ADULT Chapters	Group and condition	ERF change/ New ERF Entry	
Genito-urinary	Erectile dysfunction (SI)	Phentolamine + Aviptadil 25micrograms/2mg/0.35ml ampoules added	
Genito-urinary	Treatment of painful bladder syndrome	New pathway	
Genito-urinary	Treatment of infertility	New pathway	
Genito-urinary	Treatment of moderate-severe uterine fibroids (SI)	Ryeqo - New pathway	
Genito-urinary	Gynaecology - Vaginal atrophy	Estradiol 10 microgram vaginal tablets -Vagirux is preferred cost-effective option	

BNF ADULT Chapters	Group and condition	ERF change/ New ERF Entry	
Malignant disease and Immunosuppression	Malignant disease and Immunosuppression	New treatment pathways	

BNF ADULT Chapters	Group and condition	ERF change/ New ERF Entry	
Blood and nutrition	Iron deficiency anemia	Ferrous Fumarate 322mg or Ferrous Sulphate 200mg once daily	

BNF ADULT Chapters	Group and condition	ERF change/ New ERF Entry	
Musculo-skeletal	Treatment of Ankylosing Spondylitis	New pathways developed; with NSAIDs and with specialist treatments including biologics	
Musculo-skeletal	Treatment of GCA	New pathway developed	
Musculo-skeletal	Topical treatment of OA	Ibuprofen 5% and capsaicin 0.025%	

Musculo-skeletal	Treatment of Psoriatic Arthritis with biologics	New biologics pathway	
Musculo-skeletal	Treatment of RA with biologics	New pathway	
Musculo-skeletal	Treatment of systemic lupus erythematosus	New pathway	

BNF ADULT Chapters	Group and condition	ERF change/ New ERF Entry	
Eye	Treatment of severe dry eye	New pathway	
Eye	Treatment of glaucoma	New treatment pathways	
Eye	Treatment of macular oedema(s)	New treatment pathways	

BNF ADULT Chapters	Group and condition	ERF change/ New ERF Entry	
Ear, Nose and Oropharynx	Removal of ear wax	Addition of sodium bicarbonate 5% ear drops	
Ear, Nose and Oropharynx	Treatment of dry mouth	First choices are Biotene oralbalance, BioXtra	

BNF ADULT Chapters	Group and condition	ERF change/ New ERF Entry	
Skin	Acne- Treatment of mild to moderate acne (first choice)	Benzoyl peroxide + clindamycin ( <b>Duac Once Daily gel 1%, 3%, 5%</b> ) or Clindamycin + Tretinoin ( <b>Treclin 1%/0.025% gel</b> ) or Adapalene + benzoyl peroxide ( <b>Epiduo 0.1%/2.5%, 0.3%/2.5% gel</b> )	
Skin	Acne- Treatment of moderate to severe acne (first choice)	Adapalene+ Benzoyl peroxide ( <b>Epiduo 0.1%/2.5%, 0.3%/2.5%</b> ) + <b>lymecycline or doxycycline</b>	
Skin	Actinic keratosis- Treatment of single/few scattered actinic keratosis	Fluorouracil ( <b>Efudix 5% cream</b> ) or Fluorouracil+ Salicylic acid ( <b>Actikerall</b> )	

Skin	Actinic keratosis- Treatment of multiple (field) actinic keratosis-smaller areas of field change	Fluorouracil ( <b>Efudix 5% cream</b> ) or Fluorouracil+ Salicylic acid ( <b>Actikerall</b> )	
Skin	Contact dermatitis - treatment with emollients (lightweight)	Liquid paraffin ( <b>Zerobase 11% cream</b> )	
Skin	Contact dermatitis - Treatment with emollients (heavy weight)	Emulsifying wax + Yellow soft paraffin ( <b>Hydromol ointment</b> )	
Skin	Contact dermatitis - Treatment with urea containing emollients	Urea ( <b>Flexitol 10% Urea cream</b> ) or Urea + Lauromacrogols ( <b>Balneum Plus cream</b> )	
Skin	Contact dermatitis - Treatment with soap substitutes and emollients for showering and bathing	Emulsifying wax + Yellow soft paraffin ( <b>Hydromol ointment</b> )	
Skin	Contact dermatitis - Treatment with soap substitutes and emollients for showering and bathing without antiseptic	Liquid paraffin+Isopropyl myristate ( <b>Hydromol Bath &amp; shower emollient</b> ) or <b>QV Gentle wash</b>	
Skin	Contact dermatitis - Treatment with soap substitutes and emollients for showering and bathing with antiseptic	<b>Dermol 500 lotion</b>	
Skin	Contact dermatitis - Treatment with mild topical corticosteroids	Hydrocortisone 1% cream or ointment	
Skin	Contact dermatitis - Treatment with moderate topical corticosteroids	Clobetasone 0.05% cream or ointment	
Skin	Contact dermatitis - Treatment with very potent topical corticosteroids	Clobetasol 0.05% cream or ointment	
Skin	Contact dermatitis - Treatment of staphylococcal skin infection with inflammatory skin condition (eg eczema)	Fusidic acid 2% cream	
Skin	Contact dermatitis - Treatment with topical corticosteroids combined with antimicrobials	Hydrocortisone 1%+Clotrimazole 1% cream or Hydrocortisone 1%+Miconazole 2% cream	
Skin	Nappy rash- Treatment with barrier preparations	<b>Conotrane or Metanium or Sudocrem</b>	
Skin	Pruritis- Topical treatment of pruritis	Crotamiton 10% cream or Menthol 1% in Aqueous cream	

Skin	Rosacea- Topical treatment	Metronidazole 0.75% cream or gel or Azelaic acid 15% gel	
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BNF ADULT Chapters	Group and condition	ERF change/ New ERF Entry	
Anaesthetics	Anaesthetics	New formulary section – mainly SUO	

BNF ADULT Chapters	Group and condition	ERF change/ New ERF Entry	
Wound formulary	Wound formulary	Updated formulary section	

BNF Paediatric Chapters	Group and condition	ERF change/ New ERF Entry	
All under development	All under developement	All under developement	