

NHS BORDERS – JOINT PRESCRIBING FORMULARY FOR ADULTS – ABBREVIATED DRUG LIST

Full formulary available at <http://www.nhsborders.scot.nhs.uk/patients-and-visitors/our-services/general-services/medicines-and-prescribing/nhs-borders-formulary/>

GASTRO-INTESTINAL SYSTEM	CARDIOVASCULAR SYSTEM	CENTRAL NERVOUS	INFECTIONS	ENDOCRINE SYSTEM	EYE	SKIN
<p>ANTACIDS Peptac : 10mls as required</p> <p>Proton pump inhibitors Omeprazole:20mg daily or Lansoprazole: 30mg daily</p> <p>CONSTIPATION Ispaghula husk or macrogols (Laxido)</p> <p>Local Preparations for Anal and Rectal Disorders Anusol cream, ointment suppositories</p>	<p>ORAL ANTICOAGULANTS <u>Atrial fibrillation:</u>Apixaban or Edoxaban</p> <p>Acute PE/DVT Apixaban</p> <p>Long term anticoagulation for prevention of recurrent VTE Apixaban: 2.5mg twice daily</p> <p>LIPID-REGULATING DRUGS Atorvastatin: 40mg -80mg daily (secondary prevention) : 20mg daily (primary prevention)</p>	<p>HYPNOTICS (short term) Zopiclone : 3.75mg at night</p> <p>DRUGS USED IN NAUSEA AND VERTIGO (Review requirement daily) Cyclizine: 50mg three times daily Prochlorperazine: 5mg three times daily Metoclopramide (Maximum of 5 days): 10mg three times daily Gastric stasis Domperidone (Maximum of 7 days): 10mg three times daily Ondansetron: 8mg twice daily</p> <p>ANALGESICS Paracetamol: 1g four times daily Mild – medium potency Opioid Codeine 30-60mg every 4-6 hours as required (15mg dose also available) Tramadol: 50mg four times daily(inpatient/post-op use only)</p> <p>Paracetamol+medium potency opioid Co-codamol 30mg/500mg or Co-dydramol 30mg/500mg STRONG OPIOID Morphine sulphate (Modified release and immediate release) NSAID Ibuprofen: 400mg three times daily. Topical Ibuprofen 5% Apply three times daily</p> <p>NEUROPATHIC PAIN Amitriptyline: 10mg at night</p> <p>ANTIMIGRAINE DRUGS Treatment of acute attack Aspirin: 300mg every 4-6 hours as necessary Or Ibuprofen:400mg three times daily Or Paracetamol: 1g every 4-6 hours as required Treatment of moderate to severe acute migraine Sumatriptan</p> <p>NICOTINE REPLACEMENT THERAPY Nicotinell Gum 2mg, 4mg Nicotinell TTS Patches 10(7mg),20(14mg),30 (21mg) Nicotine Lozenge 1mg, 2mg Nicorette inhalator 15mg</p>	<p>ANTIMICROBIAL RECOMMENDATIONS can be accessed via NHSB Intranet at http://intranet/microsites/index.asp?siteid=434&uid=1, including:</p> <ul style="list-style-type: none"> Hospital adult empirical guideline (also available as a summary chart in inpatient clinical areas) Paediatric empirical guideline Other specialist guidelines Primary care empirical recommendations – in “Infections” chapter of full Borders Joint Formulary <p>Antibiotic guidelines are also available as part of the “Antimicrobial Companion” app (select “NHS Borders” toolkit).</p> <p>ORAL CANDIDIASIS Nystatin oral suspension 100,000units every 6 hours</p>	<p>Bisphosphonate Alendronate: 70mg weekly</p>	<p>TEAR DEFICIENCY, OCULAR LUBRICANTS AND ASTRINGENTS Hypromellose 0.3%: 1 drop 4 times daily</p>	<p>EMOLLIENTS (MOISTURISERS) Zerobase 11% cream (light weight) Hydromol ointment (heavy weight)</p> <p>ANTIHISTAMINES – TREATMENT OF URTICARIA Non-sedative Cetirizine: 10mg daily Sedative Chlorphenamine: 4mg every 4-6 hours</p> <p>TOPICAL CORTICOSTEROIDS Mild corticosteroid Hydrocortisone 1% Moderately potent corticosteroid Clobetasone butyrate 0.05%</p>
	<p>RESPIRATORY SYSTEM</p>			<p>NUTRITION AND BLOOD</p>	<p>EAR, NOSE AND ORAL CAVITY</p>	
	<p>ANTIHISTAMINES Non-sedating Cetirizine: 10mg daily Sedating Chlorphenamine: 4mg three times daily</p>			<p>ORAL IRON Ferrous fumarate :322mg once daily or Ferrous sulphate 200mg once daily</p> <p>ORAL POTASSIUM Sando-K: 3- 4 tablets daily</p> <p>MAGNESIUM Magnaspartate 1 sachet twice daily</p> <p>VITAMIN D Colecalciferol (Fultium-D3 or Stexerol D3)</p> <p>CALCIUM AND VITAMIN D PREPARATIONS Adcal D3 caplets: 2 twice daily or Theical D3 once daily</p>	<p>REMOVAL OF EAR WAX Olive Oil,almond oil or sodium bicarbonate 5% Ear drops: apply twice daily</p> <p>DRUGS USED IN NASAL ALLERGY Beclometasone Nasal Spray: 2 sprays twice daily or mometasone nasal spray 2 sprays once daily.</p> <p>DRUGS FOR ORAL ULCERATION AND INFLAMATION Benzydamine Oral rinse: 15mls every 3 hours as required</p> <p>MOUTHWASHES, GARGLES AND DENTIFRICES Chlorhexidine Gluconate Mouthwash: 10ml twice daily</p>	
				<p>MUSCULOSKELETAL AND JOINT DISEASES</p>		
				<p>DRUGS USED IN RHEUMATIC DISEASES AND GOUT ACUTE GOUT Ibuprofen: 400mg 3 or 4 times daily</p> <p>LONG TERM CONTROL OF GOUT Allopurinol</p>		

Introduction

This abbreviated drug list includes the names of those drugs suggested as first choice for common indications in the Borders Joint Formulary. **Key** Drug name **bold**: recommended first choice drug

- The doses included are the doses which are most commonly used. Where no doses are noted refer to NHS Borders Clinical Guidelines or BNF.
- Users should refer to the full document and the BNF for further detail and more specific information.

The most up-to-date version of the Borders Joint Formulary is maintained in electronic form at

<http://www.nhsborders.scot.nhs.uk/patients-and-visitors/our-services/general-services/medicines-and-prescribing/nhs-borders-formulary/>

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