



## Northumberland CCG & North Tyneside CCG Pharmacy First Formulary

This formulary gives instruction about which products can be prescribed for each of the conditions covered by the Pharmacy First service. The information and formulary products have been collated from the Northumberland Formulary.

The OTC products included in this formulary must be provided in line with the terms of each product's license which may limit their use in some instances.

Information on the dosage and recommendations for the products can be obtained from the Proprietary Association of Great Britain [OTC Directory](#) or other information sources such as the BNF and BNF for Children. An alphabetical list of reimbursable products and pack sizes follows at the back of the formulary.

### Bites and stings

Most bites and stings will resolve spontaneously but treatment can be provided to reduce the severity of symptomatic irritation.

- Hydrocortisone 1% ointment
- Hydrocortisone 1% cream
- Crodamon cream
- Chlorphenamine 2mg/5ml solution
- Chlorphenamine 4mg tablets

### Chickenpox

- Calamine in aqueous cream
- Chlorphenamine 2mg/5ml solution
- Chlorphenamine 4mg tablets

### Colds

Patients should be advised to rest and take plenty of fluids. Symptoms can be relieved by analgesics and decongestants. Steam inhalation should be used with caution in children to avoid scalding but saline nasal drops can relieve congestion and ease breathing.

- Paracetamol 120mg/5ml elixir/ liquid / suspension
- Paracetamol 250mg/5ml elixir/ liquid / suspension
- Paracetamol 500mg tablets
- Ibuprofen 100mg/5ml suspension
- Ibuprofen 200mg tablets
- Ibuprofen 400mg tablets
- Saline nasal drops
- Xylometazoline 0.1% nasal spray - Not for use in children under 12 years
- Xylometazoline 0.1% nasal drops - Not for use in children under 12 years
- Menthol crystals

### Cold sores

The evidence for use of aciclovir after a lesion appears is not robust. Use choline salicylate to relieve discomfort after a lesion forms.

- Choline salicylate 8.7% dental gel - Not for children under 16 years
- Aciclovir 5% cream

### Infantile Colic

There is no specific treatment recommended for colic. There is no evidence that any specific treatments or actions work for

this condition. Parents should be advised that the condition usually passes by 3 months of age and reassurance is the best treatment.

### Conjunctivitis

Conjunctivitis is generally self limiting. At first presentation, lubricant products should be supplied if required to ease discomfort. Chloramphenicol should **not** be supplied until **7 days** after first presentation, if symptoms persist.

- Hypromellose 0.3% eye drops
- Gel tears
- Chloramphenicol 0.5% eye drops
- Chloramphenicol 1% eye ointment

### Constipation

Treatment choice should be determined from the presenting symptoms to determine the most appropriate laxative type.

- Lspaghula sachets
- Senna tablets
- Docusate capsules
- Glycerol suppositories

### Cough

No treatment recommended. Fluids and non-medical products such as honey and lemon can be recommended. No products should be recommended for children under 6 years.

### Cystitis (women only)

- Potassium citrate mixture

### Contact Dermatitis / Atopic Eczema

Ointments should be used on dry skin and creams on less dry skin. A small quantity should be prescribed on first presentation until the most effective product has been identified for the patient.

- Aqueous cream
- Diprobase cream
- E45 cream
- Emulsifying ointment
- Hydromol ointment
- Hydrocortisone 1% cream
- Hydrocortisone 1% ointment
- Clobetasone cream



## Diarrhoea

Rehydration / prevention of dehydration is the primary treatment objective. Adults and children over 12 years can be given loperamide to reduce discomfort and social disruption. High carbohydrate foods should be reintroduced as soon as the patient feels like eating.

- Dioralyte sachets
- Loperamide 2mg capsules - *Not for children under 12 years*

## Dyspepsia

- Co-magaldrox 195/220 suspension
- Peptac suspension

## Ear wax

- Sodium bicarbonate ear drops

## Fungal skin infections

### -body and groin

### -candida skin

### -foot infections

Skin should be dried thoroughly after washing. Cream should be applied beyond the visible lesion area. Treatment should be continued for 1-2 weeks after the skin has healed.

- Clotrimazole 1% cream

## Hay fever

### -allergic conjunctivitis

### -allergic rhinitis

Patients should be advised on measures to reduce exposure to pollen. Products must be supplied within the terms of the over the counter product licence.

- Cetirizine 5mg/5ml solution
- Cetirizine 10mg tablets
- Loratadine 5mg/5ml syrup
- Loratadine 10mg tablets
- Chlorphenamine 2mg/5ml solution
- Chlorphenamine 4mg tablets
- Beclometasone nasal spray - *Not for children under the age of 18 years.*
- Antazoline eye drops
- Sodium cromoglycate eye drops

## Head lice

Sufficient treatment must be supplied for the patient to carry out two treatments, seven days apart. **One 50ml bottle will be sufficient for most patients.** If patients have long, thick hair requiring two bottles to be supplied, the prescription **must** be endorsed 'long thick hair' for payment to be made. For further detail, refer to the head lice treatment protocol.

- Dimeticone 4% lotion
- Plastic detection comb

## Haemorrhoids

Paracetamol should be prescribed for analgesia. Bulk forming laxatives should be given if constipation is also present. Topical products containing steroids may provide some reduction in swelling of the haemorrhoid.

- Anusol Plus HC ointment
- Ispaghula sachets
- Paracetamol 500mg tablets

## Mouth ulcers

- Anbesol liquid
- Choline salicylate 8.7% dental gel - *Not for children under 16 years*
- Corlan pellets (Hydrocortisone years Muco-adhesive Buccal tablets) - *Not for children under 12*

## Muscular aches and pains

- Paracetamol & Ibuprofen oral preparations see **Colds**
- Ibuprofen 5% gel – adults ONLY

## Nappy rash

- Sudocrem
- Clotrimazole 1% cream

## Post-immunisation pyrexia

Child – from 2 months 60 mg for post-immunisation pyrexia, repeated once after 4–6 hours if necessary see

### BNF

- Paracetamol 120mg/5ml elixir/ liquid / suspension

## Teething

The gums should be rubbed with a finger and something cooling provided for the child to 'bite' upon, such as a chilled teething ring. There is no evidence of efficacy for topical teething products.

- Paracetamol 120mg/5ml elixir/ liquid / suspension
- Ibuprofen 100mg/5ml suspension

## Thrush – genital

### - vaginal

### - balanitis

Cream should be used to relieve symptoms in combination with a vaginal or oral product. It should not be used alone.

- Clotrimazole 1% cream
- Clotrimazole 500mg pessary
- Fluconazole 150mg capsule

## Thrush – oral

- Miconazole oral gel - *Not for use in children under 4 months*

## Threadworms

Treatment must be repeated after 2 weeks, so supply two tablets / sachets per patient.

- Mebendazole 100mg tablets- *Not for use in children under 2 years*
- Piperazine sachets

## Travel sickness

- Hyoscine 0.3mg Tablets
- Hyoscine Hydrobromide 0.15mg tablets - *Not for use in children under 3 years*

## Warts and Verrucae



- Salicylic acid 16.7% solution

**Sundries**

- 5ml oral syringe
- Dropper / dropper bottle



## Alphabetical list of reimbursable products and prices

Prices have been based on a range of manufacturers (Galpharm, Numark, Care, Vantage, Branded products and the Drug Tariff). If there were more than 2 prices then a median price was used and if there were just 2 prices then the cheapest will be used. This does not imply any requirement to use that manufacturer's product.

Drug Name	Company	Price
Aciclovir 5% cream 2g	Vantage	£ 1.15
Anbesol liquid 6.5ml	Anbesol Liquid	£ 1.65
Antazoline eye drops 10ml	Otrivine Antistin	£ 2.35
Anusol Plus HC ointment 15g	Anusol HC	£ 3.03
Aqueous cream 100g	Care	£ 1.24
Aqueous cream 500g	Drug Tariff	£ 1.72
Beclometasone nasal spray 200 dose	Vantage	£ 2.99
Calamine in aqueous cream 100g	Care	£ 1.02
Cetirizine 5mg/5ml solution 200ml	Care	£ 1.92
Cetirizine 10mg tablets 30	Vantage	£ 2.03
Chloramphenicol 0.5% eye drops 10ml	Numark	£ 1.90
Chloramphenicol 1% eye ointment 4g	I-Care	£ 2.08
Chlorphenamine 2mg/5ml solution 150ml	Numark	£ 1.31
Chlorphenamine 4mg tablets 28	Numark	£ 0.47
Choline salicylate 8.7% dental gel 15g	Bonjela	£ 2.15
Clobetasone cream 0.5% 15g	Eumovate	£ 3.57
Clotrimazole 1% cream 20g	Care	£ 1.77
Clotrimazole 500mg pessary	Canesten	£ 5.01
Co-magaldrox 195/220 suspension 500ml	Maalox	£ 3.35
Crotamiton cream 30g	Eurax	£ 2.38
Dioralyte sachets 6	Vantage	£ 1.14
Dimeticone 4% lotion 50ml	T&R Hedrin	£ 2.98
Detection comb	T&R Hedrin	£ 1.75
Diprobase base cream 50g	Schering-Plough	£ 1.28
Diprobase base cream 500g	Schering-Plough	£ 6.32
Dropper / dropper bottle	Norchem	£ 0.38
Docusate capsules 30	Diocetyl	£ 1.92
E45 cream 125g	E45	£ 2.55
E45 cream 500g	E45	£ 4.89
Emulsifying ointment 500g	Drug Tariff	£ 2.43
Fluconazole 150mg capsule	Numark	£ 1.83
Gel tears 10g	Gel Tears	£ 2.80
Glycerol 4g suppositories 12	Care	£ 1.14
Hydrocortisone 1% cream 15g	Vantage	£ 1.00



Drug Name	Company	Price
Hydrocortisone 1% ointment 15g	Lanacort	£ 2.06
Hydrocortisone 2.5mg muco-adhesive buccal tabs SF 20	Drug Tariff	£ 4.21
Hydromol ointment 125g	Alliance Pharms	£ 2.84
Hydromol ointment 500g	Alliance Pharms	£ 4.82
Hyoscine Hydrobromide 0.15mg tablets	Joyrides	£ 1.55
Hyoscine Hydrobromide 0.3mg tablets	Kwells	£ 1.67
Hypromellose 0.3% eye drops 10ml	Drug Tariff	£ 1.14
Ibuprofen 100mg/5ml suspension 100ml	Care	£ 1.37
Ibuprofen 200mg tablets 24	Numark	£ 0.68
Ibuprofen 400mg tablets 24	Numark	£ 1.26
Ibuprofen 5% gel 30g	Galpharm	£ 2.24
Ispaghula sachets 10	Ispagel	£ 1.22
Loperamide 2mg capsules 12	Vantage	£ 1.30
Loratadine 5mg/5ml syrup 100ml	Clarityn	£ 2.87
Loratadine 10mg tablets 30	Vantage	£ 2.01
Mebendazole 100mg tablets single	McNeil Products Ovex	£ 1.85
Mebendazole 100mg tablets 4	McNeil Products Ovex	£ 4.31
Menthol crystals 5g	Numark	£ 0.95
Miconazole oral gel 15g	Daktarin	£ 2.97
Oral syringe 5ml	Norchem	£ 0.26
Paracetamol 120mg/5ml Oral Suspension 100ml	Care	£ 1.22
Paracetamol 120mg/5ml Oral Suspension 150ml	Medinol	£ 0.84
Paracetamol 120mg/5ml Oral Suspension 200ml	Vantage	£ 1.16
Paracetamol 250mg/5ml Oral Suspension 200ml	Numark	£ 1.51
Paracetamol 500mg tablets 32	Vantage	£ 0.24
Peptac suspension 500ml	Teva	£ 1.95
Piperazine sachets 2	T&R	£ 1.98
Potassium citrate mixture 200ml	Care	£ 1.18
Salicylic acid 16.7% solution 10ml	Salactol	£ 1.71
Saline nasal drops 10ml	Nasosal	£ 1.86
Senna tablets 20	Care	£ 0.99
Sodium bicarbonate ear drops 10ml	Care	£ 1.35
Sodium cromoglycate eye drops 10ml	Numark	£ 1.40
Sudocrem 60g	Forest labs	£ 1.38
Xylometazoline 0.1% nasal drops 10ml	Otrivine	£ 1.91
Xylometazoline 0.1% nasal spray 10ml	Otrivine	£ 1.91

## **Formulary changes**

<b>Drug name</b>	<b>Change made</b>	<b>Details &amp; justification for change</b>	<b>Date</b>
Corlan Pellets	Name change	Corlan no longer available, hydrocortisone 2.5mg muco-adhesive buccal tablets sugar free	15.3.2012
Hyoscine Hydrobromide 0.3mg tablets	Addition to formulary	Adult strength added to formulary.	15.3.2012
Mebendazole 100mg tablets X 2 (T&R)	Product changed	Duo pack difficult to source changed to mebendazole 100mg single or X 4 (family pack). Intention is to treat presenting complaint and to treat all household family members at the same time, see Prodigy guidance. Payment based on most cost effective provision of single dose for each household member.	15.3.2012
Zinc & Castor Oil cream	Product changed	Sudocrem (60g) added as replacement product. Most frequently supplied product on FP10. Treatment intended to manage presenting symptom. Parent should be advised about skin care management to prevent symptoms, see Prodigy guidance.	15.3.2012
Paracetamol 120mg/5ml elixir/ liquid / suspension	Clarified use post immunisation	Parent can be advised that if pyrexia develops after childhood immunisation, and the infant seems distressed, a dose of paracetamol can be given and, if necessary, a second dose can be given 6 hours later. The parent should be warned to seek medical advice if the pyrexia persists.	15.6.2012
Paracetamol & ibuprofen oral preparations	<a href="#"><u>Muscular aches and pains</u></a>	Range of products that may be used to relieve aches and pains. Topical agents are not licensed for use in children.	15.6.2012

Commissioners will review conditions and formulary in year.