**Northumberland CCG & North Tyneside CCG**

**Think Pharmacy First Formulary**

This formulary gives instruction about which products can be prescribed for each of the conditions covered by the Think Pharmacy First service. 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](http://www.medicinechestonline.com/) 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
* Crotamiton cream
* Chlorphenamine 2mg/5ml solution

[Chickenpox](http://prodigy.clarity.co.uk/chickenpox)

* Calamine in aqueous cream
* Chlorphenamine 2mg/5ml solution

[Colds](http://prodigy.clarity.co.uk/common_cold)

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.

* Saline nasal drops
* Xylometazoline 0.1% nasal spray - *Not for children under 12 years*
* Xylometazoline 0.1% nasal drops - *Not for children under 12 years*
* Menthol crystals

**For use in children ONLY**

* Paracetamol 120mg/5ml elixir/ liquid / suspension
* Paracetamol 250mg/5ml elixir/ liquid / suspension
* Ibuprofen 100mg/5ml suspension

[Cold sores](http://prodigy.clarity.co.uk/herpes_simplex_oral)

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](http://prodigy.clarity.co.uk/iinfantile_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](http://prodigy.clarity.co.uk/conjunctivitis_infective#-305759)

Conjunctivitis is generally self-limiting. At first presentation, lubricant products should be supplied if required to ease

discomfort. Chloramphenicol should not be supplied until 5 days[[1]](#footnote-1) after first presentation, if symptoms persist.

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

[Constipation](http://prodigy.clarity.co.uk/constipation)

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

* Ispaghula sachets
* Senna tablets
* Docusate capsules
* Glycerol suppositories
* Macrogol sachets

[Cough](http://prodigy.clarity.co.uk/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.

[Contact Dermatitis](http://prodigy.clarity.co.uk/dermatitis_contact)/ [Atopic Eczema](http://prodigy.clarity.co.uk/eczema_atopic)

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.

* Diprobase cream
* E45 cream
* Emulsifying ointment
* Hydromol ointment
* Hydrocortisone 1% cream
* Hydrocortisone 1% ointment
* Clobetasone cream

[Diarrhoea](http://prodigy.clarity.co.uk/gastroenteritis/leaflets_for_patients/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](http://prodigy.clarity.co.uk/dyspepsia_unidentified_cause)

* Co-magaldrox 195/220 suspension
* Peptac suspension

[Ear wax](http://prodigy.clarity.co.uk/earwax/management/scenario_management/view_full_scenario)

* Sodium bicarbonate ear drops

Fungal skin infections

* [body and groin](http://prodigy.clarity.co.uk/fungal_skin_infection_body_and_groin)
* [candida skin](http://prodigy.clarity.co.uk/candida_skin)
* [foot infections](http://prodigy.clarity.co.uk/fungal_skin_infection_foot)

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 **for use in children ONLY**

* [allergic conjunctivitis](http://prodigy.clarity.co.uk/conjunctivitis_allergic)
* [allergic rhinitis](http://prodigy.clarity.co.uk/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
* Loratadine 5mg/5ml syrup
* Chlorphenamine 2mg/5ml solution
* Antazoline eye drops
* Sodium cromoglycate eye drops

[Head lice](http://prodigy.clarity.co.uk/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](http://prodigy.clarity.co.uk/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

[Mouth ulcers](http://prodigy.clarity.co.uk/aphthous_ulcer)

* 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 years*

[Muscular aches and pains](http://prodigy.clarity.co.uk/analgesia_mild_to_moderate_pain)

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

[Nappy rash](http://prodigy.clarity.co.uk/nappy_rash)

* Sudocrem
* Clotrimazole 1% cream

[Post-immunisation pyrexia](http://prodigy.clarity.co.uk/immunizations_childhood/management/scenario_children_up_to_1_year_of_age/advice_for_parents/basis_for_recommendation#-312285)

Child – from 2 months 60 mg for post-immunisation pyrexia, repeated once after 4–6 hours if necessary; see [BNF](http://www.medicinescomplete.com/mc/bnf/current/6451.htm)

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

[Teething](http://prodigy.clarity.co.uk/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](http://prodigy.clarity.co.uk/genital_thrush)

[- vaginal](http://prodigy.clarity.co.uk/candida_female_genital)

[- balanitis](http://prodigy.clarity.co.uk/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](http://prodigy.clarity.co.uk/candida_oral)

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

[Threadworms](http://prodigy.clarity.co.uk/threadworm)

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

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

Travel sickness

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

[Warts and Verrucae](http://prodigy.clarity.co.uk/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 two prices then a median price was used and if there were just two prices then the cheapest was 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** |
| Calamine in aqueous cream 100g | Care | **£ 1.02** |
| Cetirizine 5mg/5ml solution 200ml | Care | **£ 1.92** |
| 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** |
| 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 | Dioctyl | **£ 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** |
| 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 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** |
| Macrogol sachets 30 | Galen | **£ 6.68** |
| 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** |
| Peptac suspension 500ml | Teva | **£ 1.95** |
| Piperazine sachets 2 | T&R Hedrin | **£ 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**

|  |  |  |  |
| --- | --- | --- | --- |
| **Drug name** | **Change made** | **Details & justification for change** | **Date** |
| 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 | Muscular aches and pains | Range of products that may be used to relieve aches and pains. Topical agents are not licensed for use in children. | 15.6.2012 |
| Paracetamol and ibuprofen tablets | Removed from formulary | To reinforce the self-care message to patients and use restricted to children | 1.1.2018 |
| Chlorphenamine, cetirizine and loratadine tablets, beclomethasone nasal spray | Removed from formulary | To reinforce the self-care message to patients and use restricted to children | 1.1.2018 |
| Antazoline eye drops  Sodium cromoglycate eye drops | Use restricted to children | To reinforce the self-care message to patients | 1.1.2018 |
| Macrogol sachets | Added for use in adults | In line with CKS if stools remain hard or difficult to pass, add or switch to an osmotic laxative, such as a macrogol | 1.1.2018 |
| Potassium Citrate mixture | Removed from formulary | NHS choices doesn`t recommend use of pot cit. | 1.1.2018 |

NB: Commissioners may review conditions and Formulary in year.

1. *Most bacterial cases of conjunctivitis are self-limiting.*

   *65% resolve on placebo by day five*

   *North East and CumbriaAntimicrobial Prescribing Guideline for Primary Care*

   *Version 2.2 valid from April 2017. Review date April 2019* [↑](#footnote-ref-1)