

Pharmacists Formulary
For
Minor Ailments Scheme



May 2011

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Welcome to the Pharmacists Formulary for the Minor Ailments Scheme. This formulary is based on the MAS National Formulary in conjunction with the Borders Joint Formulary (BJF). The BJF is an evidence-based formulary based on local expert opinion and practice in NHS Borders and may differ from licensed product indications.

Items marked as (NF) or **Non Formulary** should **only** be prescribed / dispensed if the BJF approved alternative is not available or has been ineffective.

Pricing guide and Pricing Rules

(Further details are available from [Community Pharmacy Scotland](#))

All MAS prescriptions are priced using the rules in place for the pricing of GP10 prescriptions.

The MAS specification sets out the formulary available to you:

- All P and GSL medicines which are not blacklisted
- Dressings and appliances from Part 2 of the tariff
- Selected items from Part 3 of the tariff
- Any Prescription Only Medicines agreed suitable and which are underpinned by PGD's.

All prescribing should be in line with local and national NHS prescribing policy and guidance.

Formulary Compliance

Individual contractor compliance with formulary is now available for the health board to access via PRISMS. NHS Borders will monitor formulary compliance periodically and update the PRISMS queries as and when the formulary changes. Contractors are reminded that unless a relevant Patient Group Direction is in force that the actual product supplied to a patient must be licensed as available for 'over the counter sale'.

In order to ensure that payment will be made for medicines prescribed under MAS, you need to pay special attention to the prescribing of those items which are available in both counter and dispensing packs (i.e. as P, GSL and POM products). Examples are Aciclovir cream or Mebeverine tablets. As you know the majority of items in Part 7 are held on file as POM packs and that is the default option which will be used for pricing. PSD initially introduced a number of smaller P packs into the tariff. However, PSD have now developed and introduced Part 7B in the drug tariff. This section has been developed in order to clarify the pricing of certain items when prescribed generically on CP2 forms. There are still a few products where the only option is to prescribe using the proprietary name for the product and for payment to be made on that basis. However, as payment should have been made for that product anyway, it should not generate additional cost to the NHS. Part 7B is not meant to be a 'white list' for MAS but should reduce the number of items disallowed on CP2 forms.

Part 7B - [ADDITIONAL ITEMS FOR MINOR AILMENT SCHEME](#) (link)

- This list is provided solely to facilitate payment of the items listed below supplied on form CP2 as part of the Minor Ailment Service, when written using the generic title. All other items supplied on form CP2 will be subject to the usual pricing rules.

- These products will not be subject to the Broken Bulk provisions. Contractors are reminded of the legal provisions of supply under part 3 of the Medicines Act 1968, and of any qualifications on supply as listed in the 'Medicines, Ethics & Practice Guide' published annually by RPSGB.
- Contractors are reminded that unless a relevant Patient Group Direction is in force that the actual product supplied to a patient must be licensed as available for 'over the counter sale'.
- Prices are set against product prices for counter lines.

There are still a few MAS formulary medicines with a version in Part 7 only, where we would advise you to prescribe either a generic "P" pack which is clearly distinguishable as a "P" medicine, or if necessary a non black-listed proprietary product in order to secure payment.

- The DT packs shown in the table below are POM packs even though there are P packs available. PSD uses these DT packs for pricing as they are the only packs held on file for these generics.
- You cannot prescribe POM packs unless there is a PGD in place.
- Prescribe a generic OTC pack, or a non black-listed proprietary product.

Generic	Form	Strength	Tariff pack
Cetirizine	Solution	5mg/5mL	200mL
Clotrimazole	Vaginal Tabs	500mg	1
Fluconazole	Caps	150mg	1
Loratadine	Tabs	10mg	30

Please note: Loratadine (7) is in Part 7B so can be prescribed generically.

Items Prescribable under MAS from Parts 2 and 3 of the Drug Tariff

Part 2 Dressings

Pharmacists may prescribe all products in Part 2 of the Drug Tariff, other than those marked as GP10a only. Refer to the NHS Borders Formulary, Wound Management section for further information in dressing selection.

Part 3 Appliances

The following appliances are the only ones **allowed** on a MAS prescription form:

- Bug Buster Head Lice detection and eradication kit
- Nitty Gritty Nit Comb
- Sodium Chloride (saline) nasal drops 10mL
- Sodium Bicarbonate ear drops 10mL
- Saliva preparations

Part E: Commonly Disallowed Items – non Drug Tariff

The latest full list of blacklisted medicines can be found on the [CPS website](#).

Item which has been disallowed	Reason for disallowing	Allowed item
Alli (Orlistat)	Not allowed under MAS	
Aluminium Hydroxide SF susp	No mention of SF formulation in any price list	Aluminium Hydroxide suspension
Anusol HC ointment	Anusol HC Ointment is a POM Anusol Plus HC is the P pack	Anusol Plus HC ointment
Anusol HC suppositories	Anusol HC suppositories are a POM. Anusol Plus HC suppositories are the P pack	Anusol Plus HC supps
Clobetasone cream 0.05% 30g	30g pack is a POM	15g pack
Daktacort cream	The term HC which is the P pack has been omitted	Daktacort HC cream
Emergency Hormonal Contraception Products (EHC)	Not allowed under MAS	None
Ibuprofen syrup	Syrup = Brufen which is a POM	Ibuprofen suspension
Ketoprofen gel 2.5% 30g	Unless the 30g P pack is clearly endorsed, pricing defaults to the DT 100g POM pack	Ketoprofen gel 2.5% 30g P pack (A branded product)
Liquid Paraffin/White soft Paraffin (Loveridge)	Version is not held on file by PSD	Liquid Paraffin/White soft Paraffin
Mebendazole chewable tabs ('Own brand')	This is a price file problem. Own brands tend not to be on PSD's file	A branded P product
Mebendazole suspension 30ml	The Janssen product is a POM	A branded P product
Nicotine Replacement Therapy Products (NRT)	Not allowed under MAS	None
Paracetamol caplets 500mg 32	The version held on file is a POM	Tablets or capsules
Simvastatin 10mg (Zocor)	Not allowed under MAS	
Terbinafine cream 15g	POM quantity prescribed	A branded 7.5g P pack
Terbinafine cream 30g	POM pack prescribed	A branded 7.5g P pack

Section 1 Gastro-Intestinal

Indigestion

When to refer to GP

Pain is severe or radiating
Blood in Vomit or Stools
Pain worsens on effort
Persistent Vomiting
Treatment has failed (no improvement in symptoms after 5 days)
Adverse drug reaction is suspected
Associated weight loss
Children
Alarm symptoms: Difficulty in swallowing

BNF section 1.1.1 Aluminium and Magnesium containing antacids. Quantity

Co-magaldrox SF suspension 195/200/5ml (prescribe as *Maalox* or *Mucogel*) 500ml

BNF Section 1.1.2 Compound alginates & proprietary indigestion preparations. Quantity.

Peptac liquid 500ml

BNF Section 1.3.1 H₂-receptor antagonists. Quantity.

Ranitidine is an appropriate first step-up treatment from antacids, for dyspepsia/GORD.

Ranitidine tablets 75mg 4, 6, 8, 12 or 24

NOTE: Prescribe as: *Gavilast-P*, *Numark Excess Acid Relief*, *Numark Indigestion Relief*, *Ranzac* or *Zantac 75 Relief*

BNF Section 1.3.5 Proton pump inhibitors. Quantity.

Omeprazole tablets 10mg (prescribe as *Zanprol*) (NF) 14

Should not routinely be prescribed for patients receiving concurrent clopidogrel unless other remedies (antacids and H₂-receptor antagonists) have failed.

BNF Section 1.2 Motility stimulants. Quantity.

Avoid long term use – increased risk of hyperprolactinaemia. On demand/intermittent therapy may be appropriate.

Domperidone tablets 10mg (prescribe as *Motilium 10*) 10

NOTE: The 30 pack is a POM and is disallowed. Always prescribe the 10 pack.

Infant Colic

NOTE: As colic almost always improves on its own, medical treatment is not routinely recommended.

BNF section 1.1.1 Simeticone alone (activated Dimeticone). Quantity.

Dentinox Infant Colic drops (NF) 100ml

Infacol liquid (NF) 50ml

Constipation

NOTE: The use of laxatives in children should be discouraged unless recommended by a doctor. The choice of treatment for constipation depends on the severity of the presentation and other factors including drug history, diet and lifestyle.

- Diet and lifestyle issues are the first options to be considered.

- Treatment should be individualised to patients' requirements and circumstances.
- The severity of constipation should be considered before commencing treatment and treatment should be reviewed once normal bowel habit is restored.
- It may be appropriate to continue treatment if the precipitor is immobility, drug induced or other continuing factor.

Counselling Point:

Ensure adequate fluid intake & advise not to be taken immediately before going to bed.

When to refer to GP

Persistent change in bowel habit
 Presence of abdominal pain, vomiting, bloating
 Blood in Stools
 Prescribed Medication suspected of causing symptoms
 Failure of OTC medication
 (no relief of symptoms within 7 days)

BNF Section 1.6.1 Bulk forming laxatives.

Quantity.

Ispaghula Husk	3.4g/3.5g 30 / 60
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BNF Section 1.6.2 Stimulant laxatives.

Quantity.

Bisacodyl suppositories 10mg	12
Bisacodyl tablets 5mg	28
Docusate capsules	30
Docusate liquid	300ml
Glycerin suppositories 1g (Infant)	12
Glycerin suppositories 2g (Child)	12
Glycerin suppositories 4g (Adult)	12
Senna syrup 7.5mg/5ml	100ml
Senna tablets 7.5mg	30

NOTE: Senna - Prescribe pack of 20 and endorse in pack size box or PSD will price from larger cost effective pack. Bisacodyl – Endorse from the 20 pack.

BNF Section 1.6.4 Osmotic laxatives.

Quantity.

Lactulose solution	300ml / 500ml
Laxido Orange oral powder	30

Diarrhoea

When to refer to GP

Children <1 year: Diarrhoea of Duration > 1 day
Children <3 years: Diarrhoea of Duration > 2 days
Adults and Children: Diarrhoea of Duration > 3 days
In severe cases referral should be considered immediately
Association with Severe Vomiting and Fever
Suspected drug-induced reaction to prescribed medicine
History of Change of Bowel Habit
Presence of Blood and Mucus in Stools

BNF Section 1.4.2 Antimotility drugs.

Quantity

In adults and children over 12 years. Maximum strength 2mg, maximum individual dose 4mg and maximum daily dose 12mg. Avoid in acute diarrhoea (i.e. through infection.) Rehydration salts may be appropriate to replace fluid & salt loss in diarrhoea.

Loperamide capsules 2mg

12

BNF Section 9.2.1.2 Oral rehydration therapy.

Quantity.

Electrolade oral powder

6 / 20

Haemorrhoids

When to refer to GP

Duration of longer than 3 weeks
Presence of blood in stools
Change of bowel habit (persisting alteration from normal bowel habit)
Suspected drug induced constipation
Associated abdominal pain/vomiting

BNF Section 1.7.1 Soothing haemorrhoidal preparations.

Quantity.

Anusol cream

23g

Anusol ointment

25g

Anusol suppositories

12

BNF Section 1.7.2 Compound haemorrhoidal preparations with corticosteroids.

Quantity.

Anusol Plus HC ointment

15g

Anusol Plus HC suppositories

NOTE: Anusol HC Supp 12 Pack is a POM and is Disallowed. Anusol HC Oint 30g is a POM and is Disallowed.

Mouth Ulcers / Teething

Current practice is to encourage self-care.

Local treatment aims to:

- Protect ulcerated area.
- Relieve pain.
- Reduce inflammation.
- Control secondary infection.

BNF Section 12.3.1 Drugs for oral ulceration and inflammation.	Quantity.
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Benzydamine mouthwash 0.15%	300ml
Benzydamine oral rinse 0.15%	200ml
Benzydamine spray 0.15% (Prescribe as <i>Diffiam</i>)	30ml
Hydrocortisone pellets 2.5mg	20
Choline Salicylate gel (NF)*	15g
Dentinolx teething gel (NF)	15g

*The MHRA has recommended that topical products containing choline salicylate should no longer be used by children and adolescents under the age of 16 years.

BNF Section 12.3.4 Mouthwashes, Gargles and Dentifrices.	Quantity.
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When to refer to GP or Dentist

Recurrent bouts of infection
Hoarseness of more than three weeks duration
Difficulty in swallowing (dysphagia)
Failed medication (no improvement in symptoms after 7 days)

Chlorhexidine mouthwash 0.2%	300ml
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Oral Thrush

BNF Section 12.3.3 Oropharyngeal Anti-Infective Drugs.	Quantity.
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When to refer to GP or Dentist

Duration of longer than 3 weeks
Associated weight loss
Involvement of other mucous membranes
Rash
Suspected Adverse Drug Reaction

Miconazole Oral gel (Only formulary for palliative care patients)	15g
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It is recognised that this is the only product available for use by community pharmacists to recommend for oral thrush and prescribing may be unavoidable.

NOTE: Pack must be 15g. 80g is a POM.

Section 2 Respiratory

Hay Fever

When to refer to GP

Wheezing or shortness of breath
Tightness in the chest
Persistent pain in ears or sinuses
Failed medication (no improvement in symptoms after 10 days)

BNF Section 3.4.1 Antihistamines.

Quantity.

The drugs on this list can only be supplied as P medicines. Check the licensing of the product you are dispensing.

Non sedating antihistamines.

Cetirizine tablets 10mg	30
Cetirizine oral solution 5mg/5ml	200ml
Loratadine tablets 10mg	30
Loratadine syrup 5mg/5ml	100ml

Sedating antihistamines.

Drowsiness may affect performance of skilled tasks (e.g. driving); sedating effects enhanced by alcohol.

Chlorphenamine tablets 4mg	30
Chlorphenamine syrup 2mg/5ml	150ml

NOTE:

Cetirizine – 7 pack is disallowed (B/L) Prescribe as 30 pack. 70ml pack is disallowed; prescribe as 150ml or 200ml pack.

Loratadine – 30pack – there are both POM and P packs. PGD is in place PSD does not disallow.

Chlorphenamine – 28 pack.

BNF section 11.4.2 Other anti-inflammatory preparations.

Quantity.

<i>Otrivine Antistin</i> eye drops	10ml
Sodium Cromoglycate eye drops 2% (prescribe as <i>Opticrom Allergy</i>)	5ml / 10ml

NOTE: Sodium Cromoglycate - Opticrom aqueous drops is a POM of 13.5ml and is not allowed. Prescribe as P pack (5ml or 10ml).

Steroid Nasal Spray

BNF Section 12.2.1 Nasal Allergy.

Quantity.

Beclometasone nasal spray (prescribe as brand or supplier)	100 or 180 dose
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NOTE: 200 dose pack is a POM and is disallowed. Prescribe a proprietary P or GSL pack (e.g. 100 or 180 dose Beconase Allergy).

Cough and Nasal Congestion.

There is limited evidence to support the use of cough preparations.

When to refer to GP

Sputum yellow, green, rusty or blood stained
Chest Pain
Shortness of breath
Wheezing
Whooping cough or croup
Recurrent nocturnal cough
Suspected Adverse Drug Reaction e.g.: to ACE
Failed medication (no improvement in symptoms after 10 days)

BNF Section 3.8 Aromatic Inhalations.

Quantity.

Menthol crystals (NF)

5g

WARNING – Boiling water should not be used to avoid risk of scalding.

BNF Section 3.9.1 Cough Suppressants.

Quantity.

Pholcodine linctus 5mg/5ml

200ml

Pholcodine Paediatric SF linctus (NF)

Up to 200ml

BNF Section 3.9.2 Expectorants and demulcent cough preparations.

Quantity.

Simple SF linctus

200ml

Simple Paediatric SF linctus (NF)

Up to 200ml

BNF Section 3.10 Systemic Nasal Decongestants.

Quantity.

Pseudoephedrine elixir 30mg/5ml (NF)

100ml

Pseudoephedrine tablets 60mg (NF)

12

BNF Section 12.2.2 Topical Nasal Decongestants.

Quantity.

Sodium Chloride 0.9% drops

10ml

Ephedrine nasal drops 0.5%

10ml

Ephedrine nasal drops 1%

10ml

Xylometazoline nasal drops 0.1% (NF)

10ml

Xylometazoline nasal spray 0.1% (NF)

10ml

Xylometazoline Paediatric nasal drops 0.05% (NF)

10ml

Sore Throat

When to refer to GP

Recurrent bouts of infection
Hoarseness of more than three weeks duration
Difficulty in swallowing (dysphagia)
Failed medication (no improvement in symptoms after 7 days)

Current practice is to encourage self-care.

Local treatment aims to:

- Protect the ulcerated area.
- Relieve pain & reduce inflammation.
- Control secondary infection.

BNF Section 12.3.3 Lozenges and sprays.

Quantity.

Benzydamine spray 0.15% (Prescribe as *Difflam*)

30ml

Section 3 Central Nervous System

Pain

Musculoskeletal Disorders - When to refer to GP

Suspected fracture
Possible adverse reaction – falls, bruising
Head injury
Medication failure
Arthritis
Severe back pain
Back pain (and/or pins and needles/numbness) radiating to leg

BNF Section 4.7.1 Non-Opioid Analgesics.	Quantity.
Paracetamol tablets 500mg (<i>PGD available to cover dispensing from larger pack</i>)	32
Paracetamol suspension 120mg/5ml	100ml
Paracetamol suspension 250mg/5ml	100ml
Paracetamol SF suspension 120mg/5ml	100ml
Paracetamol SF suspension 250mg/5ml	100ml
Paracetamol Soluble tablets 120mg	16
Paracetamol Soluble tablets 500mg	30 / 60
Paracetamol suppositories 60mg	10
Paracetamol suppositories 125mg	10
Paracetamol suppositories 250mg	10
Co-Codamol tablets 8/500mg (2 nd line agent after Paracetamol)	32
Ibuprofen tablets 200mg (<i>PGD available to cover dispensing from larger pack</i>)	42
Ibuprofen tablets 400mg (<i>PGD available to cover dispensing from larger pack</i>)	42
Ibuprofen suspension 100mg/5ml	150ml
Ibuprofen SF suspension 100mg/5ml	100ml
Aspirin Dispersible tablets 300mg (Non formulary for analgesia)	32

NOTE: Paracetamol – Claim the DT pack of 32. Paid from the DT pack of 500.
Ibuprofen – WARNING Syrup version is a POM.

Headache - When to refer to GP

Headache associated with injury/trauma
Severe headache of more than 4 hours duration
Suspected Adverse Drug Reaction
Headache in children under 12 years
Sever occipital headache (across the back of the head)
Headache which is worse in the morning and improves
Associated drowsiness, visual disturbances or vomiting
Neck stiffness

BNF Section 4.7.4 Antimigraine drugs.	Quantity.
<i>Migraleve Pink</i>	12 / 24
Sumatriptan tablets 50mg (prescribe as <i>Imigran Recovery</i>)	2

BNF Section 10.3.2 Rubefacients and other topical antirheumatics.	Quantity.
<i>Transvasin Heat Rub</i>	40g / 80g
<i>Algesal</i> (NF)	50g

Dysmenorrhoea - When to refer to GP

Presence of abnormal vaginal discharge
 Abnormal bleeding
 Severe inter-menstrual pain (mittelschmerz) and bleeding
 Failure of medication (no improvement after 2 cycles of treatment)
 Pain with a late period (Possibility of an early pregnancy)
 Presence of fever

Travel Sickness

BNF Section 4.6 Drugs used in nausea and vertigo.	Quantity.
Cinnarizine tablets 15mg	15
Hyoscine Hydrobromide tablets 0.15mg (Prescribe as <i>Joyrides</i> or <i>Kwells Kids</i>) (NF)	12
Hyoscine Hydrobromide tablets 0.3mg (Prescribe as <i>Kwells</i>) (NF)	12
Promethazine Hydrochloride SF elixir 5mg/5ml (NF)	100ml
Promethazine Teoclate tablets 25mg (Prescribe as <i>Avomine</i>) (NF)	10

Section 4 Infection

Fungal Infections

Vaginal Candidiasis

BNF Section 5.2 Antifungal drugs.	Quantity.
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Can be sold to the public for vaginal candidiasis in women aged 16-60 years, in a container or packaging containing not more than 150mg and labelled to show a maximum dose of 150mg.

Fluconazole capsules 150mg	1
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When to refer to GP

Recurrent infection
 Failed medication
 Pregnancy

BNF Section 7.2.2 Anti-infective drugs.	Quantity.
Clotrimazole cream 1%	20g
Clotrimazole Vaginal tablets 500mg	1
<i>Canesten Combi</i> (GSL pack) (NF)	1
<i>Canesten Cream Combi</i> (GSL pack) (NF)	1
Clotrimazole Vaginal cream 10% (Prescribe as <i>Canesten Internal</i>) (NF)	5g

Athlete's Foot

When to refer to GP

Severe, affecting more than between toes
Signs of bacterial infection
Unresponsive to appropriate treatment
Involvement of toenails

BNF Section 13.10.2 Antifungal preparations.

	Quantity.
Clotrimazole cream 1%	20g
Clotrimazole thrush cream 2%	20g
Terbinafine cream (<i>Lamisil AT</i>)	7.5g
Miconazole cream 2% (NF)	30g
Miconazole spray powder (<i>Daktarin Aktiv</i>) (NF)	100g

NOTE: Miconazole – 15g pack is disallowed.

Viral Infection

Cold Sores

When to refer to GP

Babies and young children
Failure of an established sore to resolve
Severe or worsening sore
History of frequent cold sores
Sore lasting longer than 2 weeks
Painless sore
Patients with atopic eczema
Eye affected
Uncertain diagnosis
Immunocompromised patients

BNF sections 13.10.3.

	Quantity.
Aciclovir cream 2%	2g

NOTE: Aciclovir cream – The 10g is a POM and is disallowed.

Warts and Verrucae

When to refer to GP

Changed appearance of lesions: size, colour
Bleeding
Itching
Genital warts
Facial warts
Immunocompromised patients

BNF Section 13.7 Preparations for warts and calluses.	Quantity.
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Current practice is to encourage self-care.

- These preparations are contra-indicated in facial or genital warts.
- The skin surface should be rubbed with a file or pumice stone, and the surrounding skin protected, before each application. If application becomes painful, treatment should be withheld for a few days then recommenced.

Formaldehyde gel 0.75% (Prescribe as <i>Veracur</i>)	15g
<i>Occlusal</i> application	10ml
<i>Bazuka</i> gel (NF)	5g
<i>Salactol</i> paint (NF)	10ml

Parasitic Infection

Threadworms

When to refer to GP

Infection other than threadworm suspected
Recent travel abroad
Medicine Failure

BNF Section 5.5.1 Drugs for Threadworms.	Quantity.
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All family members should be treated at the same time, even if they have no symptoms, to prevent re-infection. Mebendazole should only be used for adults and children over 2 years old. Children over 3 months and under 2 should be treated using Piperazine as per Children's BNF.

Mebendazole suspension 100mg/5ml (Prescribe as <i>Ovex</i>)	30ml
Mebendazole tablets 100mg (Prescribe as <i>Ovex</i>)	1
Piperazine oral powder (Prescribe as <i>Pripsen</i>)	2

Head Lice

BNF section 13.10.4 Parasitocidal Preparations.	Quantity.
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If a course of treatment (two applications, one week apart) fails to cure, a different insecticide should be used for the next treatment. Refer to NHS Borders Head Lice Policy. Alcoholic lotions can cause burning and stinging and exacerbate eczema and asthma.

Dimeticone lotion 4% (Prescribe as <i>Hedrin</i>)	50ml / 100ml
Malathion liquid 0.5% (Prescribe as <i>Derbac M</i> or <i>Quellada M</i>)	50ml / 200ml
Phenothrin Solution (Prescribe as <i>Full Marks</i>)	100ml/200ml/300ml

Scabies

BNF Section 13.10.4 Parasitocidal Preparations.	Quantity.
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Permethrin (<i>Lyclear Dermal cream</i>)	30g
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Section 5 Urinary Tract Disorders

Alkalinisation of Urine

When to refer to GP

All children
Fever, nausea, vomiting
Loin pain or tenderness
Haematuris
Vaginal discharge
Duration longer than 2 days
Pregnancy
Recurrent cystitis
Failure of medication

BNF Section 7.4.3.

Quantity.

Cystitis - Current practice is to encourage self-care

Potassium Citrate effervescent tablets (Prescribe as *Effercitrate*) (NF)

12

Potassium Citrate solution (NF)

200ml

Section 6 Skin

Acne

When to refer to GP

Severe acne, acne causing scarring
Failed medication (no improvement in 2 months)
Suspected drug induced acne

BNF Section 13.6.1 Topical Preparations for Acne.

Quantity.

Benzoyl Peroxide cream 2.5%

40g

Benzoyl Peroxide cream 5%

40g

Benzoyl Peroxide cream 10%

40g

Benzoyl Peroxide wash 10%

150ml

Benzoyl Peroxide Aquagel 2.5% (Prescribe as *Panoxyl Aquagel*)

40g

Benzoyl Peroxide Aquagel 5% (Prescribe as *Panoxyl Aquagel*)

40g

Benzoyl Peroxide Aquagel 10% (Prescribe as *Panoxyl Aquagel*)

40g

Eczema / Allergy

Emollients (moisturisers)

- Emollients soothe, smooth and hydrate the skin and are indicated for all dry scaling disorders.
- To achieve most benefit from an emollient, it should be applied regularly, particularly after a shower or bath

If emollients are being applied to the whole body twice daily, children may need 250g per week and adults 500g per week

When to refer to GP

Once only trial of emollient,
if no improvement refer

BNF Section 13.2.1 Emollients.

	Quantity.
<i>Balmosa</i>	40g
<i>Dermol 200</i> shower emollient	200ml
<i>Dermol 500</i> lotion	500ml
<i>Diprobase</i>	50g / 500g
<i>Doublebase</i> gel	100g
Emulsifying ointment	500g
<i>Epaderm</i> ointment	125g / 500g
Liquid Paraffin and White Soft Paraffin 50/50	250g
<i>Oilatum</i> shower gel	150g
Paraffin White Soft	500g
Paraffin Yellow Soft	500g

BNF Section 13.2.1.1 Emollient Bath Additives.

	Quantity.
<i>Balneum</i>	200ml / 500ml
<i>Dermol 600</i> bath emollient	600ml
<i>Emulsiderm</i>	300ml
<i>Oilatum</i> emollient	250ml / 500ml
<i>Oilatum Plus</i> bath additive	500ml

BNF Section 13.2.2 Barrier Preparations.

	Quantity.
<i>Conotrane</i> cream	100g / 500g
Zinc and Castor Oil	50g / 100g
<i>Sudocrem</i> (NF)	60g / 125g
<i>Metanium</i> ointment (NF)	30g

BNF Section 13.3 Topical local anaesthetics and antipruritics. **Quantity.****Topical antipruritics**

- Crotamiton is useful for post-scabies itch.
- Emollient preparations may be useful for pruritus due to dry skin.

Calamine lotion	200ml
Calamine Aqueous cream	100g
Calamine Oily lotion	200ml
Crotamiton cream (Prescribe as <i>Eurax</i>)	30g / 100g
Crotamiton lotion (Prescribe as <i>Eurax</i>)	100ml

BNF Section 13.4 Topical corticosteroids. **Quantity.**

For use in irritant dermatitis, contact allergic dermatitis, insect bite reaction and mild to moderate eczema.

- Topical corticosteroids should be applied thinly 1-2 times daily.
- To minimise the risk of side effects, the smallest effective amount should be used, reducing strength and frequency of application as the condition settles. The risk of systemic side effects increases with prolonged use on thin, inflamed or raw skin surfaces, use in flexures, or use of more potent corticosteroids.
- Topical corticosteroids should not be used on infected skin unless the infection is being treated.
- Palms and soles may require potent or very potent steroids.

An emollient should be prescribed routinely with a corticosteroid preparation.

Clobetasone cream 0.05% (Prescribe as <i>Eumovate Eczema & Dermatitis</i>)	15g
<i>Daktacort HC</i> cream (NF)	15g
<i>Eurax HC</i> cream (NF)	15g
Hydrocortisone cream 1%	15g
Hydrocortisone ointment 1%	15g

BNF Section 13.5.2 Preparations for psoriasis. **Quantity.**

<i>Sebco</i> ointment	40g/100g
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BNF section 13.9 Shampoos and scalp preparations. **Quantity.**

<i>Capasal</i> shampoo	250ml
Ketoconazole shampoo (Prescribe as Dandruff or Anti-Dandruff formula)	60ml / 100ml
<i>Polytar</i> liquid	150ml / 250ml

BNF Section 13.10 Preparations for boils. **Quantity.**

Magnesium Sulphate paste (NF)	25g / 50g
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Section 7 Vitamins

BNF Section 9.1.2 Drugs used in megaloblastic anaemias. **Quantity.**

For use by females during pregnancy until the 12th week.

Folic Acid tablets 400mcg	90
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Section 8 Eyes

BNF Section 11.8.1 Tear deficiency, ocular lubricants and astringents.	Quantity.
Carbomer eye drops (Prescribe as <i>Viscotears</i>)	10g
Hypromellose eye drops 0.3%	10ml
Liquid Paraffin eye ointment (Prescribe as <i>Lacri-Lube</i>)	3.5g / 5g
Polyvinyl Alcohol eye drops 1.4% (<i>Sno Tears, Liquifilm</i>)	10ml / 15ml

NOTE: Opticrom Aqueous Drops is a POM of 13.5ml and is not allowed. Prescribe as a P pack (5ml or 10ml).

BNF Section 11.3.1 Antibacterial eye preparations.	Quantity.
Refer patients to NHS Borders 'Eye Infections' leaflet	
<i>Brolene</i> eye ointment (NF)	5g
Chloramphenicol eye drops 0.5% (PGD to dispense)	10ml
<i>Golden</i> eye ointment (NF)	5g

Section 9 Ear

BNF Section 12.1.3 Removal of ear wax.	Quantity.
Removal of ear wax - Proprietary preparations may have constituents, which irritate the skin, and offer no advantage over simple products like almond oil.	
Almond oil	10ml
Olive oil	10ml
Sodium Bicarbonate 5% drops	10ml

Section 10 Homeopathy

Homeopathic preparations are **NOT** prescribable under MAS within NHS Borders.

