

Pharmacy Services

The Forth Valley Minor Ailments Service Formulary

3rd edition

September 2009

Contents

Contact numbers	2	Section 5	
Introduction	3	Skin	12
• How to use this formulary		▪ Acne	
		▪ Eczema/Allergy	
		▪ Boils	
PART 1			
		Section 6	
Section 1		Eyes	13
Gastrointestinal	5	▪ Tear deficiency	
▪ Indigestion		▪ Conjunctivitis	
▪ Infant Colic			
▪ Diarrhoea			
▪ Constipation			
▪ Haemorrhoids			
▪ Mouth ulcers			
▪ Teething			
▪ Oral Thrush			
		Section 7	
Section 2		Ear	13
Respiratory	7	▪ Removal of Ear Wax	
▪ Hay Fever			
▪ Cough and Nasal Congestion			
		PART 2	
Section 3		Summary of Preparations by	14
Central Nervous System	9	by BNF classification	
▪ Pain			
Section 4			
Infections	10		
▪ Fungal infections			
Vaginal Candidiasis			
Athlete's Foot			
▪ Viral infections			
Cold sores			
Warts and verrucae			
▪ Parasitic infections			
Threadworms			
Head lice			
Scabies			
▪ Urinary Tract Disorders			

Contact numbers

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For Technical or Hardware Problems

These queries should be directed to your PMR / system supplier helpdesk

Additional general IT Support can be obtained locally from the Forth Valley Community Pharmacy IM&T Facilitator:

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Introduction - how to use this formulary

The Minor Ailments Service (MAS) is one of the four essential pharmaceutical care services in the new community pharmacy contract. It provides NHS management of common clinical conditions. In particular, this new service aims to:

- improve access to advice and medicines for common illnesses
- promote care through the community pharmacy setting
- transfer care from GPs and nurses to pharmacists where appropriate, and
- help address health inequalities

Patients are eligible for this service if they are exempt from paying prescription charges (this excludes pre-payment certificate holders), are registered with a GP in Scotland and are not resident in a Care Home.

The following groups of medicines from the British National Formulary can be provided:

- P and GSL medicines
- dressings and appliances from Part 2 of the Scottish Drug Tariff
- selected items from Part 3 of the Scottish Drug Tariff (listed in the relevant sections of this Formulary)

No black-listed products may be supplied

Additionally, several GSL or P medicines or groups of medicines are specifically excluded from MAS. At the time of writing these are: Nicotine Replacement Therapy products, Emergency Hormonal Contraception, Orlistat (*Alli*®), Simvastatin (*Zocor Heart-Pro*®) Azithromycin (*Clamelle*®)

Contractors are advised to monitor up-to-date advice from Community Pharmacy Scotland for any changes to this list.

All of the medicines listed in this third edition of the NHS Forth Valley Pharmacy Minor Ailments Service Formulary are GSL or P and the majority are included the Forth Valley Formulary. Appropriate amounts to prescribe are suggested. Two prescription only medicines (POMs) are included (Chloramphenicol Eye Drops and Fluconazole 150mg capsules). These POMs may be provided as part of the service where this is more cost-effective, but you should note that these require Patient Group Directions to be available in the community pharmacy setting, signed off by each pharmacist wishing to operate under the PGD in the individual community pharmacy premises..

You will be able to use this brief formulary most effectively if you do so in conjunction with the Forth Valley Formulary, a copy of which has previously been sent to each community pharmacy in Forth Valley. The Forth Valley Formulary contains a wealth of local clinical opinion and treatment guidance and can be used to promote consistent care to patients regardless of where they present for treatment. Additional items are included in the Forth Valley Formulary which may be appropriate for the treatment of minor ailments in the pharmacy.

This Formulary supports your right to use your professional judgement to determine what is clinically most appropriate for your patients and recognises your responsibility for that decision.

We are confident that the medicines in this Formulary will meet the need of the majority of patients under the Minor Ailments Service. However, you can request that alternative or new medicines are considered or for minor ailments to have a formulary choice added. The

Formulary is managed by the New Drugs Sub-group, a sub-committee of the Area Drug and Therapeutics Committee.

Supplies made as part of the Minor Ailments Service will be monitored by the NHS Forth Valley Prescribing Support Team to assess levels of compliance with this Formulary. Data from this monitoring will be provided to contractors on a regular basis.

Homeopathic medicines have **not** been included in this formulary. Some products are prescribable on the Minor Ailments Service, however they must be licensed GSL or P medicines and be listed in the Chemist and Druggist Pricelist as such, and not blacklisted. Pharmacists are reminded that they should be competent in the use of homeopathic medicines before prescribing these.

MAS Pricing Guide and Pricing Rules

The recent addition of Part 7B to the Scottish Drug Tariff (SDT), resolves previous issues with pricing and payment of certain items prescribed by generic name as previously highlighted by Community Pharmacy Scotland (CPS) in their 'MAS Pricing Guide and Rules' (Part B) produced in September 2007. Following this amendment by NSS Practitioner Services, pharmacy contractors should be paid correctly for the items when prescribed by generic name.

General advice to ensure correct payment under MAS is:

- Prescribe by generic name
- Ensure you have dispensed and endorsed the OTC Packsize (as listed in this Formulary – this matches the Packsize in SDT Part 7B where an entry exists)
- Where a product requires to be prescribed by brand name, this has been indicated in the Formulary. The only product currently affected is Clotrimazole Vaginal Tabs 500mg. Currently these should still be supplied as a non-blacklisted proprietary product, prescribed by brand name.

Contractors are advised to monitor up-to-date advice from CPS on this issue.
<http://www.communitypharmacyscotland.org.uk/>

PART 1

Section 1 Gastrointestinal

Indigestion (including dyspepsia and gastro-oesophageal reflux disease)

Co-magaldrox SF Suspension 195/220/5 (<i>Mucogel</i> [®] – first choice, or <i>Maalox</i> [®])	500ml
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Compound alginic acid preparations

<i>Gaviscon Advance</i> [®] Liquid	150ml, 300ml, 500ml
<i>Gaviscon Advance</i> [®] Tablets	60

H2 Receptor Antagonists

Ranitidine 75mg Tablets	6, 12
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Motility Stimulant

Domperidone 10mg Tablets	10
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Infant Colic

Simeticone liquid 40 mg/ml	50 ml
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Diarrhoea

In adults and children over 12 years. Maximum strength 2mg, maximum dose 4mg and maximum daily dose 16mg.

Loperamide 2mg Capsules	8, 12
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Oral rehydration sachets

Prevention and treatment of electrolyte depletion is the first line treatment in acute diarrhoea.

Oral Rehydration Salts (Sachets)	6/20
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Constipation

Bulk forming laxatives

Ensure adequate fluid intake. Not to be taken immediately before going to bed.

Ispaghula Husk 3.4G/3.5G	30
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Stimulant laxatives

Glycerin 1g Suppositories (Infant)	12
Glycerin 2g Suppositories (Child)	12
Glycerin 4g Suppositories (Adult)	12
Senna syrup 7.5mg/5ml	100ml
Senna Tabs 7.5mg	30

Osmotic laxatives

Lactulose Solution	300ml
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Haemorrhoids

Soothing haemorrhoidal preparations

<i>Anusol</i> [®] Cream	23g
<i>Anusol</i> [®] Ointment	25g
<i>Anusol</i> [®] Suppositories	12

Compound haemorrhoidal preparations with corticosteroids

Adults over 18 years of age

<i>Anusol Plus</i> [®] HC Ointment	15g
<i>Anusol Plus</i> [®] HC Suppositories	12

Mouth Ulcers

Drugs for oral ulceration and inflammation

Benzydamine 0.15% Oral Rinse	300ml
Benzydamine 0.15% Spray	30ml
Chlorhexidine gluconate 0.2% Mouthwash	300ml
Choline Salicylate Dental Gel BP (<i>Bonjela</i> [®])	15g
NB: Not suitable for children under 16 years of age	
<i>Triamcinolone oral paste</i>	5g

Teething

Lidocaine Teething Gel (eg <i>Calgel Teething Gel</i> [®] prescribed by non-blacklisted brand name)	10g
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Oral Thrush

Oropharyngeal Anti-Infective Drugs

Miconazole Oral Gel	15g
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Section 2 Respiratory

Hay Fever

Antihistamines

Cetirizine 10mg Tablets	30
Cetirizine oral solution 5mg/5ml (licensed from 2 years)	200ml
Loratadine 10mg Tablets	7

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

Chlorphenamine 4mg Tablets	30
Chlorphenamine Syrup 2mg/5ml	150ml

Other anti-inflammatory preparations

Sodium Cromoglicate 2% Eye Drops	5ml/10ml
Antazoline 0.5%/Xylometazoline 0.05% Eye Drops (<i>Otrivine Antistin</i> [®]) (Avoid in angle-closure glaucoma)	10ml

Steroid Nasal Spray

Beclometasone Nasal Spray	100,180 doses
Fluticasone Nasal Spray (2 nd line)	60 doses

Cough and Nasal Congestion

Aromatic Inhalations

Menthol Crystals	5g
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Expectorants and demulcent cough preparations

Simple SF Linctus	200ml
Simple Paediatric SF Linctus	Dispense up to 200ml

There is little evidence to support the use of cough suppressants. For persistent cough lasting 4 to 6 weeks, the underlying cause should be established.

Systemic Nasal Decongestants

Pseudoephedrine 30mg/5ml Elixir	100ml
Pseudoephedrine 60mg Tablets	12

Topical Nasal decongestants

Xylometazoline 0.1% Nasal Drops (Adults and children over 12 yrs)	10ml
Xylometazoline 0.1% Nasal Spray (Adults and children over 12 yrs)	10ml
Xylometazoline 0.05% Paediatric Nasal Drops (age 2yrs and over)	10ml
Sodium Chloride Nasal Drops 0.9%	10ml

Section 3 Central Nervous System

Pain

Non-opioid analgesics

Paracetamol 500mg Tablets	32
Paracetamol SF 120mg/5ml Suspension	100ml, 200ml
Paracetamol SF 250mg/5ml Suspension	100ml, 200ml

Non-steroidal anti-inflammatory drugs

Ibuprofen 200mg Tablets	24
Ibuprofen 400mg Tablets	24
Ibuprofen SF Suspension 100mg/5ml	150ml

Weak opioids: second-line after paracetamol

Co-Codamol 8/500 Tablets (2nd line agent after paracetamol)	32
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Topical Antirheumatics

<i>Movelat</i> [®]	40g, 80g, 100g
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Section 4 Infections

Fungal Infections

- **Vaginal Candidiasis**

Canesten Pessary 500mg (ensure 'P' version supplied and labelled by brand name)	1
Clotrimazole 1% Cream	20g
Clotrimazole Vaginal Cream 10%	5g
Fluconazole 150mg Capsules (PGD exists to allow use of POM pack)	1

- **Athlete's Foot**

Clotrimazole 1% Cream	20g
Miconazole 2% Cream	30g
Miconazole Spray Powder (<i>Daktarin</i> [®])	100g
Terbinafine Cream	7.5g

Viral Infections

- **Cold Sores**

Aciclovir 5% Cream	2g
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- **Warts and Verrucae**

Preparations for warts and calluses

<i>Salactol</i> [®] Paint	10ml
<i>Occlusal</i> [®] Application	10ml
<i>Salatac</i> [®] Gel	8g

Parasitic Infections

- **Threadworms**

All family members should be treated at the same time, even if they have no symptoms, to prevent reinfection. Mebendazole is the first-line treatment except for children under 2 years of age and pregnant women, when piperazine is the preferred choice.

Mebendazole Tablets 100mg	1, 2
Mebendazole Tablets 100mg (Family Pack)	4, 8
Piperazine Oral Powder (<i>Pripsen</i> [®])	2

- **Head Lice**

The Forth Valley guidelines on the treatment of head lice should be consulted before prescribing.

Insecticide treatment should never be used as a preventive measure as the use of insecticidal products on a regular basis may result in insecticidal resistance. Insecticidal lotions should only be used when a living louse has been found on the head. A second treatment is always needed after 7 days to kill lice emerging from surviving eggs. It is not necessary to treat the whole family.

If a course of treatment (two applications, one week apart) fails to cure, a different insecticide should be used for the next treatment. A minimum of 50mls is needed for a single application. (Refer to NHS Forth Valley Head Lice Policy).
The current recommendation within the Head Lice policy is :

“Malathion preparations are 1st choice, Phenothrin preparations 2nd choice.
Current recommendations are to use a mosaic approach. Always try Malathion first.”

Due to rationalisation of product ranges by the manufacturers concerned, there is currently only one Malathion product available on the market. No Phenothrin products exist.

†Hedrin® has been added as an interim position to allow a second choice until the Forth Valley Headlice policy is updated. Following update of the Policy, pharmacists will be notified via the usual routes and the updated policy should be followed.

Malathion 0.5% Liquid (<i>Derbac M®</i>)(aqueous)	50ml/200ml
Dimeticone 4% Lotion (<i>Hedrin®</i>) [†]	50ml/150ml
Bug Buster headlice detection and eradication kit	1
Nitty Gritty nit comb	1

- **Scabies**

A second treatment should always be administered after 7 days. All members of the household and close contacts should be treated simultaneously.

Permethrin (<i>Lyclear® Dermal Cream</i>)	30g
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Urinary Tract Disorders

Potassium Citrate effervescent tablets (<i>Effercitrate®</i>)	12
Sodium Citrate Sachets (<i>Cymalon®</i>) (for patients on potassium sparing medication eg ACE inhibitors, spironolactone)	6

Section 5 Skin

Acne

Topical Preparations for acne

Benzoyl peroxide 2.5% aqueous gel (<i>Panoxyl</i> [®])	40g
Benzoyl peroxide 5% aqueous gel (<i>Panoxyl</i> [®])	40g

Eczema/Allergy

Emollients

Aqueous Cream	500g
<i>Diprobase</i> [®] Cream	50g/500g
<i>Doublebase</i> [®] Gel	100g, 500g
<i>Epaderm</i> [®] Emollient	125g, 500g

Emollient Bath Additives

<i>Oilatum</i> [®] Emollient	250ml/500ml
<i>Balneum Plus</i> [®] (2 nd line)	500ml

Barrier Preparations

<i>Sudocrem</i> [®]	60g/125g
<i>Metanium</i> [®] Ointment (2 nd Line)	30g

Topical local anaesthetics and antipruritics

Calamine Lotion	200ml
Crotamiton (<i>Eurax</i> [®]) Cream	30g/100g
Calamine Aqueous Cream	100g

Topical corticosteroids

Hydrocortisone 1% Cream	15g
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Shampoos and scalp preparations

<i>Polytar</i> [®] Liquid	150ml
<i>Capasa</i> [®] Shampoo	250ml
Ketoconazole Shampoo	60ml, 100ml

Preparations for Boils

Magnesium Sulphate Paste	50g
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Section 6 Eyes

Tear deficiency, ocular lubricants and astringents

Hypromellose 0.3% Eye Drops	10ml
Liquid Paraffin Eye Ointment (<i>Lacri-Lube</i> [®])	3.5g/5g
Carbomer 980 eye drops 0.2% (<i>Viscotears</i> [®])	10g

- **Conjunctivitis**

For the topical treatment of acute bacterial conjunctivitis in adults, the elderly and children aged two years and over

Antibacterials

Chloramphenicol Eye Drops 0.5% (PGD exists to allow use of POM pack)	10ml
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Section 7 Ear

Removal of Ear Wax

Sodium Bicarbonate Ear Drops 5%	10ml
<i>Cerumol</i> [®] Ear Drops	11ml

PART 2

Summary of Preparations by BNF Classification

1.1 Antacids

- Co-magaldrox SF (*Maalox*[®], *Mucogel*[®]) 195/220 Suspension (500 ml)
- Compound alginic acid preparations
Gaviscon Advance[®] Liquid (150, 300, 500ml)
Gaviscon Advance[®] Tablets (60)
- Simeticone liquid 40 mg/ml (50 ml)

1.2 Motility Stimulants

- Domperidone tablets 10mg (10)

1.3 Antisecretory Drugs

- Ranitidine tablets 75mg (6, 12)

1.4 Antimotility drugs

- Loperamide capsules 2 mg (8, 12)

1.6.1 Bulk forming laxatives

- Ispaghula Husk 3.4g/3.5 g sachet (30)

1.6.2 Stimulant laxatives

- Glycerin 1g Supps (Infant) (12)
- Glycerin 2g Supps (Child) (12)
- Glycerin 4g Supps (Adult) (12)
- Senna tablets 7.5 mg (30)
- Senna syrup 7.5mg/5ml (100ml)

1.6.4 Osmotic laxatives

- Lactulose solution (300 ml)

1.7.1 Soothing haemorrhoidal preparations

- *Anusol*[®] Cream (23 g)
- *Anusol*[®] Ointment (25 g)
- *Anusol*[®] Suppositories (12)

1.7.2 Compound haemorrhoidal preparations with corticosteroids

- *Anusol Plus HC*[®] Ointment (15 g)
- *Anusol Plus HC*[®] Suppositories (12)

3.4.1 Antihistamines

- Cetirizine tablets 10 mg (30)
- Cetirizine oral solution 5 mg/5 ml (200 ml)
- Loratadine 10mg Tablets (7)
- Chlorphenamine tablets 4 mg (30)
- Chlorphenamine oral solution 2 mg/5 ml (150 ml)

3.8 Aromatic Inhalations

- Menthol Crystals (5 g)

3.9 Cough Preparations

- Simple SF Linctus (200ml)
- Simple Paediatric SF Linctus (up to 200ml)

3.10 Systemic Nasal Decongestants

- Pseudoephedrine 30mg/5ml Elixir (100ml)
- Pseudoephedrine 60mg Tablets (12)

4.7 Analgesics

Non-opioid analgesics

- Paracetamol tablets 500mg (32)
- Paracetamol oral suspension SF 120mg/5mL (100 ml)
- Paracetamol oral suspension SF 250mg/5mL (100 ml)

Weak opioids

- Co-codamol 8/500 tablets (32)

5.2 Antifungal Drugs

- Fluconazole 150mg Capsules (1) - for vaginal candidiasis only)

5.5.1 Drugs for Threadworms

- Mebendazole tablets 100 mg (1, 2)
- Mebendazole tablets 100 mg (*Family Pack*) (4, 8)
- Piperazine Oral Powder (*Pripsen*[®]) (2)

7.2.2 Vaginal and vulval infections

- *Canesten*[®] Pessary 500mg ('P' version) (1)
- Clotrimazole cream 1% (20 g)
- Clotrimazole vaginal cream 10% (5 g)

7.4.3 Drugs used in urological pain

- Potassium Citrate effervescent tablets (*Effercitrate*[®]) (12)
- Sodium Citrate Sachets (*Cymalon*[®]) (6)

9.2.1.2 Oral rehydration therapy

- Oral Rehydration Salts (6/20 sachets)

10.1.1 Non-steroidal anti-inflammatory drugs

- Ibuprofen tablets 200 mg (24)
- Ibuprofen tablets 400 mg (24)
- Ibuprofen suspension 100 mg/5 ml (150 ml)

10.3.2 Rubefaciants and other topical antirheumatics

- *Movelat*[®] (40g, 80g, 100g)

11.3.1 Antibacterials

- Chloramphenicol eye drops 0.5% (10ml)

11.4.2 Other anti-inflammatory preparations

- Sodium cromoglicate eye drops 2% (various brands) (5ml/10 ml)
- Antazoline 0.5%/Xylometazoline 0.05% Eye Drops (*Otrivine Antistin*[®]) (10ml)

11.8.1 Tear deficiency, ocular lubricants and astringents

- Hypromellose eye drops 0.3% (10 ml)
- Liquid Paraffin Eye Ointment (*Lacri-Lube*[®]) (3.5g / 5g)
- Carbomer 980 (*Viscotears*[®]) eye drops 0.2% (10 g)

12.1.3 Removal of Ear wax

- Sodium bicarbonate ear drops 5% (10ml)
- *Cerumol*[®] Ear Drops (11ml)

12.2.1 Nasal Allergy

- Beclometasone Nasal Spray (100, 180 doses)
- Fluticasone Nasal Spray (2nd line) (60 doses)

12.2.2 Topical Nasal decongestants

- Xylometazoline nasal drops 0.1% (10 ml)
- Xylometazoline nasal spray 0.1% (10 ml)
- Xylometazoline paediatric nasal spray 0.05% (10 ml)
- Sodium Chloride Nasal Drops 0.9% (10ml)

12.3.1 Drugs for oral ulceration and inflammation

- Benzylamine oral rinse 0.15% (300 ml)
- Benzylamine spray 0.15% (30 ml)
- Chlorhexidine mouthwash 0.2% (300 ml)
- Triamcinolone oral paste 0.1% (5 g)
- Choline Salicylate Dental Gel BP (*Bonjela*[®]) (15g)
- Lidocaine Teething Gel (eg *Calgel Teething Gel*[®] prescribed by non-blacklisted brand name) (10g)

12.3.3 Oropharyngeal Anti-Infective Drugs

- Miconazole oral gel 24 mg/ml (15 g)

13.2 Emollient and barrier preparations

- Aqueous cream (500g)
- *Diprobase*[®] cream (50g, 500g)
- *Doublebase*[®] gel (100g, 500g)
- *Epaderm*[®] emollient (125g, 500g)

13.2.1.1 Emollient Bath Additives

- *Oilatum*[®] Emollient (250 ml, 500 ml)
- *Balneum Plus*[®] (500 ml)

13.2.2 Barrier Preparations

- *Sudocrem*[®] (60 g, 125 g)
- *Metanium*[®] Ointment (2nd Line) (30g)

13.3 Topical local anaesthetics and antipruritics

- Calamine Lotion (200ml)
- Crotamiton (*Eurax*[®]) Cream (30g/100g)
- Crotamiton (*Eurax*[®]) Lotion (100ml)
- Calamine Aqueous Cream (100g)

13.4 Topical corticosteroids

- Hydrocortisone cream 1% (15 g)

13.6.1 Topical Preparations for acne

- Benzoyl peroxide aqueous gel 2.5% (endorse as *Panoxyl*[®]) (40 g)
- Benzoyl peroxide aqueous gel 5% (endorse as *Panoxyl*[®]) (40 g)

13.7 Preparations for warts and calluses

- *Salactol*[®] Paint (10ml)
- *Occlusal*[®] Application (10 ml)
- *Salatac*[®] gel (8g)

13.9 Shampoos and scalp preparations

- *Polytar*[®] Liquid (150ml)
- *Capasal*[®] shampoo (250 ml)
- Ketoconazole shampoo 2% (60ml, 100 ml)

13.10.2 Antifungal preparations

- Clotrimazole cream 1% (20 g)
- Miconazole cream 2% (30g)
- Miconazole Spray Powder (*Daktarin*[®]) (100g)
- Terbinafine Cream (7.5 g)

13.10.3 Antiviral preparations

- Aciclovir cream 5% (2g)

13.10.4 Parasitocidal Preparations

- Malathion aqueous liquid 0.5% (50 ml, 200 ml)
- Dimeticone 4% Lotion (*Hedrin*[®])
- Permethrin dermal cream 5% (30 g)

13.10.5 Preparations for minor cuts and abrasions/boils

- Magnesium Sulphate Paste (50g)

Devices for Headlice Allowable under MAS:

- Bug Buster headlice detection and eradication kit (1)
- Nitty Gritty nit comb (1)