



**Pharmacy
Services**

Minor Ailments Service Formulary

3rd edition

January 2009

Working with you to make Highland the healthy place to be

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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 Community Pharmacy contract. It provides NHS management of common clinical conditions and, in particular, 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
- 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 (BNF) can be provided:

- pharmacy medicines (P) and general sales list medicines (GSL)
- dressings and appliances from Part 2 of the Scottish Drug Tariff
- selected items from Part 3 of the Scottish Drug Tariff.

All of the medicines listed in this 3rd edition of the NHS Highland Pharmacy MAS Formulary are GSL or P or are included in Part 3 of the Scottish Drug Tariff, and are included in the Highland Formulary third edition. Appropriate amounts to prescribe are suggested.

Some prescription-only medicines (POMs) may be provided using NHS Highland Patient Group Directions (PGDs) to enable the provision of the more cost-effective POM versions of chloramphenicol eye drops 0.5% and fluconazole 150mg capsules under the MAS. These PGDs have been distributed to all community pharmacies in NHS Highland and can also be accessed on the Community Pharmacy website page for Highland at <http://www.communitypharmacy.scot.nhs.uk/HealthBoards/highland.html> or from NHS Highland Community Pharmacy Services, tel: 01463 706886.

The following items are **excluded** from the MAS Formulary:

- POMs (other than chloramphenicol eye drops 0.5% and fluconazole 150mg capsules as described above)
- nicotine replacement therapy
- emergency hormonal contraception
- black-listed products.

You will be able to use this brief Formulary most effectively if you do so in conjunction with the Highland Formulary, a copy of which has been sent to each community pharmacy in Highland. The Highland 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. To access the Highland Formulary go to the Community Pharmacy website page at the address above or the NHS Highland Intranet at <http://intranet.nhsh.scot.nhs.uk/> or the NHS Highland website at <http://www.nhshighland.scot.nhs.uk/>.

The NHS Highland Pharmacy MAS 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.

Supplies made as part of the MAS will be monitored by the NHS Highland Pharmacy Prescribing Team to assess levels of compliance with this Formulary. Data from this monitoring will be provided to contractors regularly and to the Formulary Subgroup of the NHS Highland Area Drug and Therapeutics Committee which manages the Highland Formulary.

We are confident that the medicines in this Formulary will meet the need of the majority of patients under the MAS and we would be pleased to receive any comments that you might wish to make; comments may be general, there may be conditions that you feel that this Formulary should be extended to include, or you may wish to request that alternative or new medicines are added.

Comments on this Formulary can be made to:

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Formulary Changes to 3rd edition – January 2009

Additions

Loratadine tablets 10mg

Doublebase[®] gel

Dermol[®] 200 shower emollient

Polyvinyl alcohol (Liquifilm Tears[®]) eye drops 1.4%

Ilube[®] (acetylcysteine 5%, hypromellose 0.35%) eye drops

Polyvinyl alcohol (Liquifilm Tears[®]) single use eye drops 1.4%

Carmellose (Celluvisc[®]) single use eye drops 1%

Liquid paraffin (Lacri-Lube[®]) eye ointment 3.5g

Ibuprofen topical gel 5% w/w

Deletions

Orabase paste

Acknowledgements

We would like to express our thanks to the NHS Highland Pharmacy Practitioner Champions and the Highland Pharmacy Contractors Committee for their assistance in updating this Formulary.

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Section 1 Gastro-intestinal

Indigestion (including dyspepsia and gastro-oesophageal reflux disease)

Co-magaldrox SF (*Mucogel*[®]) 195/220 suspension 500mL

Compound alginate preparations

Gastrocote[®] tablets 100

Peptac[®] suspension 500mL

Infant colic

Simeticone liquid 40mg/mL 50mL

Diarrhoea

Antimotility drugs: in adults and children over 12 years

Loperamide capsules 2mg up to 12
(*prescribe a proprietary, non black-listed product*)

Oral rehydration powder sachets 6

Constipation

Bulk forming laxatives

Ispaghula husk 3.5g/sachet 30

Stimulant laxatives

Senna tablets 7.5mg 60

Senna syrup 7.5mg/5mL 150mL

Docusate sodium capsules 100mg 30

Docusate sodium solution 50mg/5mL 300mL

Osmotic laxatives

Lactulose solution 3.1 to 3.7g/5mL 300mL

Haemorrhoids

Soothing haemorrhoidal preparations

Anusol[®] cream 23g

Anusol[®] ointment 25g

Anusol[®] suppositories 12

Compound haemorrhoidal preparations with corticosteroids

Anusol Plus HC[®] ointment 15g

Anusol Plus HC[®] suppositories 12

Mouth ulcers/teething

Drugs for oral ulceration and inflammation

Benzydamine oral rinse 0.15% 200mL

Benzydamine spray 0.15% 30mL

Chlorhexidine mouthwash 0.2% 300mL

Hydrocortisone (*Corlan*[®]) lozenges 2.5mg 20

Triamcinolone (*Adcortyl in Orabase*[®]) mouth ulcer

paste 0.1% (*prescribe as 'mouth ulcer paste'*) 5g

Teething/dental gel 10g, 15g

Oral thrush

Oropharyngeal anti-infective drugs

Miconazole oral gel 24mg/mL 15g

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Section 2 Respiratory

Hay fever

Non-sedating antihistamines: the drugs on this list can only be supplied as P medicines if supply is to adults and children over 12 years and if the maximum daily dose is 10mg.

Cetirizine tablets 10mg	30
Cetirizine oral solution 5mg/5mL	200mL
Loratadine tablets 10mg	30

Sedating antihistamine: drowsiness may affect performance of skilled tasks (eg driving) and the sedating effects are enhanced by alcohol.

Chlorphenamine tablets 4mg	28
Chlorphenamine oral solution 2mg/5mL	150mL

Other anti-inflammatory preparations

Sodium cromoglicate eye drops 2% (various brands) <i>(prescribe a proprietary, non black-listed product)</i>	10mL
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Steroid nasal spray

Beclometasone nasal spray 50 microgram/spray <i>(prescribe a proprietary, non black-listed product)</i>	100 or 180 doses
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Cough and nasal congestion

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.

Topical nasal decongestants

Xylometazoline nasal spray 0.1%	10mL
Xylometazoline paediatric nasal drops 0.05%	10mL
Sodium chloride nasal drops 0.9%	10mL

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Section 3 Central nervous system

Pain

Non-opioid analgesics

Paracetamol tablets 500mg	32
Paracetamol SF suspension 120mg/5mL	100mL
Paracetamol SF suspension 250mg/5mL	200mL

Non-steroidal anti-inflammatory drugs

Ibuprofen tablets 200mg	24
Ibuprofen tablets 400mg	24
Ibuprofen SF suspension 100mg/5mL	100mL
Ibuprofen topical gel 5% w/w	30g

Weak opioids: second-line after paracetamol

Co-codamol tablets 8/500	32
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Travel sickness

Antispasmodics and other drugs altering gut motility

Hyoscine hydrobromide tablets 150 micrograms	12
Hyoscine hydrobromide tablets 300 micrograms	12

Drugs used in nausea and vertigo

Promethazine tablets 25mg	10
Promethazine elixir 5mg/5mL	100mL

Section 4 Infections

Fungal infections

- **Vaginal candidiasis**

Antifungal preparations

Fluconazole capsules 150mg*	1
Clotrimazole pessary 500mg (<i>prescribe a proprietary, non black-listed product</i>)	1
Clotrimazole cream 1%	20g
Clotrimazole vaginal cream 10%	5g

- **Athlete's foot**

Antifungal preparations

Clotrimazole cream 1%	20g
Clotrimazole powder 1%	30g
Terbinafine cream 1% (<i>prescribe a branded 7.5g P pack</i>)	7.5g

Viral infections

- **Warts and verrucae**

Preparations for warts and callouses

<i>Occlusa</i> [®] cutaneous solution	10mL
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Parasitic infections

- **Threadworms**

Drugs for 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 chewable tablets 100mg (<i>prescribe a branded P product</i>)	1 or 4
Mebendazole suspension 100mg/5mL (<i>prescribe a branded P product</i>)	30mL
Pripsen [®] (piperazine 4g, sennosides 15.3mg) oral powder	2

- **Head lice**

The Highland guidelines on the treatment of head lice should be consulted before prescribing. Refer to the NHS Highland Intranet or website (see Introduction for web address, search under 'lice'). For further information, contact the Health Protection Team on 01463 704866.

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 preparations 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 unnecessary to treat the whole family.

Dimeticone is not an insecticide. It is not wholly effective in killing eggs and therefore a second application after 7 days is also required.

Malathion aqueous liquid 0.5%	50mL/200mL
Malathion alcohol-based lotion 0.5%	50mL/200mL
Phenothrin aqueous liquid 0.5%	50mL/200mL
Dimeticone lotion 4%	50mL/150mL
Bug Buster headlice detection and eradication kit	1

* PGD available for cost-effective POM pack – refer to Introduction

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- **Scabies**

The NHS Highland guidelines on the treatment of scabies should be consulted before prescribing. Refer to the NHS Highland Intranet or website (see Introduction for web address). For further information, contact the Health Protection Team on 01463 704866.

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

Permethrin dermal cream 5%	30g
Malathion aqueous liquid 0.5%	50mL/200mL

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Section 5 Skin

Refer to the Highland Formulary, Chapter 13, which contains important therapeutic notes about the uses of these preparations.

Acne

Topical preparations for acne

Benzoyl peroxide aqueous gel 2.5% (<i>Panoxyl</i> [®] <i>Aquagel</i>)	40g
(endorse as <i>Panoxyl</i>)	
Benzoyl peroxide aqueous gel 5% (<i>Panoxyl</i> [®] <i>Aquagel</i>)	40g
(endorse as <i>Panoxyl</i>)	
Benzoyl peroxide aqueous gel 10% (<i>Panoxyl</i> [®] <i>Aquagel</i>)	40g
(endorse as <i>Panoxyl</i>)	

Eczema/allergy

Emollients

Liquid paraffin/white soft paraffin 50/50	500g
Yellow soft paraffin	500g
<i>Diprobase</i> [®] cream	50g/500g
<i>Diprobase</i> [®] ointment	50g
<i>Epaderm</i> [®] emollient	125g/500g
<i>Doublebase</i> [®] gel	100g
<i>Dermo</i> [®] 200 shower emollient	200mL

Emollient bath additives

<i>Oilatum</i> [®] emollient	250mL/500mL
<i>Diprobath</i> [®]	500mL
<i>Balneum</i> [®]	200mL/500mL
<i>Emulsiderm</i> [®]	300mL

Barrier preparations

Zinc and castor oil ointment	500g
<i>Conotrane</i> [®]	100g/500g
<i>Sudocrem</i> [®]	60g/125g

Topical corticosteroids

Hydrocortisone cream 1%	15g
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Shampoos and scalp preparations

<i>Alphosyl 2 in 1</i> [®] (coal tar extract 5%) shampoo	125mL
<i>Capasa</i> [®] shampoo	250mL
Ketoconazole shampoo 2%	60mL
(prescribe a proprietary, non black-listed product)	

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Section 6 Vitamins

Prevention of neural tube defects

Folic acid tablets 400 micrograms 90

Section 7 Eyes

Tear deficiency, ocular lubricants and astringents

Hypromellose eye drops 0.3% 10mL

Carbomer 980 (*Viscotears*[®]) eye drops 0.2% 10g

Polyvinyl alcohol (*Liquifilm Tears*[®]) eye drops 1.4% 15mL

llube[®] (acetylcysteine 5%, hypromellose 0.35%) eye drops 10mL

Preservative-free tear substitutes

Polyvinyl alcohol (*Liquifilm Tears*[®]) single use eye drops 1.4% 30x0.4mL

Carmellose (*Celluvisc*[®]) single use eye drops 1% 30x0.4mL

Liquid paraffin (*Lacri-Lube*[®]) eye ointment 3.5g

• Conjunctivitis

For the topical treatment of acute bacterial conjunctivitis in adults, the elderly and children aged 2 years and over.

Antibacterials

Chloramphenicol eye drops 0.5%* 10mL

Chloramphenicol eye ointment 1% 4g

Section 8 Ear

Removal of ear wax

Olive oil ear drops 10mL

Sodium bicarbonate ear drops 5% 10mL

* PGD available for cost-effective POM pack – refer to Introduction

Summary of Minor Ailment Service Formulary preparations by BNF classification

The following medicines from the BNF can be provided on the Pharmacy Minor Ailments Service (MAS):

- pharmacy medicines (P) and general sales list medicines (GSL)
- dressings and appliances from Part 2 of the Scottish Drug Tariff
- selected items from Part 3 of the Scottish Drug Tariff.

Medicines listed below are included in the NHS Highland MAS Formulary which is available on the NHS Highland Intranet and SHOW website and on the Community Pharmacy website page for Highland (see below). We are confident that the medicines in this NHS Highland MAS Formulary will meet the needs of the majority of patients under the MAS. This summary is also included for information, in the Highland Formulary 3rd edition, Appendix 4.

Some prescription-only medicines (POMs) may be provided using NHS Highland Patient Group Directions (PGDs) to enable the provision of the more cost-effective POM versions of chloramphenicol eye drops and fluconazole 150mg capsules under the MAS. These PGDs are distributed to all community pharmacies in NHS Highland and can be accessed on the Community Pharmacy website page for Highland at <http://www.communitypharmacy.scot.nhs.uk/HealthBoards/highland.html> or from NHS Highland Community Pharmacy Services Tel. 01463 706886.

1.1 Antacids

- Co-magaldrox SF (*Mucogel*[®]) 195/220 suspension (500mL)
- Compound alginic acid preparations
Gastrocote[®] tablets (100)
Peptac[®] suspension (500mL)
- Simeticone liquid 40mg/mL (50mL)

1.4 Antimotility drugs

- Loperamide capsules 2mg (12)

1.6.1 Bulk forming laxatives

- Ispaghula husk 3.5g/sachet (30)

1.6.2 Stimulant laxatives

- Senna tablets 7.5mg (60)
- Senna syrup 7.5mg/5mL (150mL)
- Docusate sodium capsules 100mg (30)
- Docusate sodium solution 50mg/5mL (300mL)

1.6.4 Osmotic laxatives

- Lactulose solution 3.1g to 3.7g/5mL (300mL)

1.7.1 Soothing haemorrhoidal preparations

- *Anusol*[®] cream (23g)
- *Anusol*[®] ointment (25g)
- *Anusol*[®] suppositories (12)

1.7.2 Compound haemorrhoidal preparations with corticosteroids

- *Anusol Plus HC*[®] ointment (15g)
- *Anusol Plus HC*[®] suppositories (12)

3.4.1 Antihistamines

- Cetirizine tablets 10mg (30)
- Cetirizine oral solution 5mg/5mL (200mL)
- Loratadine tablets 10mg (30)
- Chlorphenamine tablets 4mg (28)
- Chlorphenamine oral solution 2mg/5mL (150mL)

4.6 Drugs used in nausea and vertigo

- Promethazine tablets 25mg (10)
- Promethazine elixir 5mg/5mL (100mL)
- Hyoscine hydrobromide tablets 150 micrograms (12)
- Hyoscine hydrobromide tablets 300 micrograms (12)

4.7 Analgesics

Non-opioid analgesics

- Paracetamol tablets 500mg (32)
- Paracetamol oral suspension 120mg/5mL (100mL)
- Paracetamol oral suspension 250mg/5mL (200mL)

Weak opioids

- Co-codamol tablets 8/500 (32)

5.2 Antifungal drugs

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

5.5.1 Drugs for threadworms

- Mebendazole tablets 100mg (1 or 4)
- Mebendazole suspension 100mg/5mL (30mL)
- Piperazine/sennosides (*Pripsen*[®]) oral powder (2)

7.2.2 Vaginal and vulval infections

- Clotrimazole pessary 500mg (1)
- Clotrimazole cream 1% (20g)
- Clotrimazole vaginal cream 10% (5g)

9.1.2 Drugs used in megaloblastic anaemias

- Folic acid tablets 400 micrograms (90)

9.2.1.2 Oral rehydration therapy

- Oral rehydration sachets (6)

10.1.1 Non-steroidal anti-inflammatory drugs

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

10.3.2 Topical non-steroidals

- Ibuprofen topical gel 5% w/w (30g)

11.3.1 Antibacterials

- Chloramphenicol eye drops 0.5% (10mL)
- Chloramphenicol eye ointment 1% (4g)

11.4.2 Other anti-inflammatory preparations

- Sodium cromoglicate eye drops 2% (various brands) (10mL)

11.8.1 Tear deficiency, ocular lubricants and astringents

- Hypromellose eye drops 0.3% (10mL)
- Carbomer 980 (*Viscotears*[®]) eye drops 0.2% (10g)
- Polyvinyl alcohol (*Liquifilm Tears*[®]) eye drops 1.4% (15mL)
- *Ilube*[®] (acetylcysteine 5%, hypromellose 0.35%) eye drops (10mL)
- Polyvinyl alcohol (*Liquifilm Tears*[®]) single use eye drops 1.4% (30x0.4mL)
- Carmellose (*Celluvisc*[®]) single use eye drops 1% (30 x 0.4mL)
- Liquid paraffin (*Lacri-Lube*[®]) eye ointment (3.5g)

12.1.3 Removal of ear wax

- Olive oil ear drops (10mL)
- Sodium bicarbonate ear drops 5% (10mL)

12.2.1 Nasal allergy

- Beclometasone nasal spray (100 or 180 doses)

12.2.2 Topical nasal decongestants

- Xylometazoline nasal spray 0.1% (10mL)
- Xylometazoline paediatric nasal drops 0.05% (10mL)
- Sodium chloride nasal drops 0.9% (10mL)

12.3.1 Drugs for oral ulceration and inflammation

- Benzylamine oral rinse 0.15% (200mL)
- Benzylamine spray 0.15% (30mL)
- Chlorhexidine mouthwash 0.2% (300mL)
- Hydrocortisone (*Corlan*[®]) lozenges 2.5mg (20)
- Triamcinolone (*Adcortyl in Orabase*[®]) oral paste 0.1% (5g)
- Teething/dental gel

12.3.3 Oropharyngeal anti-infective drugs

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

13.2.1 Emollient and barrier preparations

- Liquid paraffin and white soft paraffin 50/50 (500g)
- Yellow soft paraffin (500g)
- *Diprobace*[®] cream (50g, 500g)
- *Diprobace*[®] ointment (50g)

- *Epaderm*[®] ointment (125g, 500g)
- *Doublebase*[®] gel (100g)
- *Dermof*[®] 200 shower emollient (200mL)

13.2.1.1 Emollient bath additives

- *Oilatum*[®] emollient (250mL, 500mL)
- *Diprobath*[®] (500mL)
- *Balneum*[®] (200mL, 500mL)
- *Emulsiderm*[®] (300mL)

13.2.2 Barrier preparations

- Zinc and castor oil ointment (100g, 500g)
- *Conotrane*[®] (100g, 500g)
- *Sudocrem*[®] (60g, 125g)

13.4 Topical corticosteroids

- Hydrocortisone cream 1% (15g)

13.6.1 Topical preparations for acne

- Benzoyl peroxide aqueous gel 2.5% (40g)
- Benzoyl peroxide aqueous gel 5% (40g)
- Benzoyl peroxide aqueous gel 10% (40g)

13.7 Preparations for warts and callouses

- *Occlusal*[®] cutaneous solution (10mL)

13.9 Shampoos and scalp preparations

- *Alphosyl 2 in 1*[®] (coal tar extract 5%) shampoo (125mL)
- *Capasa*[®] shampoo (250mL)
- Ketoconazole shampoo 2% (60mL)

13.10.2 Antifungal preparations

- Clotrimazole cream 1% (20g)
- Clotrimazole powder 1% (30g)
- Terbinafine cream 1% (7.5g)

13.10.4 Parasitocidal preparations

- Malathion aqueous liquid 0.5% (50mL/200mL)
- Malathion alcohol-based lotion 0.5% (50mL/200mL)
- Phenothrin aqueous liquid 0.5% (50mL/200mL)
- Dimeticone lotion 4% (50mL/150mL)
- Permethrin dermal cream 5% (30g)
- Bug Buster head lice detection and eradication kit

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