

NHS Ayrshire & Arran Community Pharmacy Update

Please share this update with the wider pharmacy team including reliefs and locum pharmacists

INFORMATION: Sick Day Rules/Polypharmacy Guidance

Sick Day Rules were updated in June 2026 to include guidance on SGLT2 inhibitors, and printable patient cards and information leaflets are now available.

In addition, the Right Decisions website is useful for polypharmacy guidance and includes tools for calculating anticholinergic burden, information on associated side effects, and an outline of the seven-step polypharmacy review process.

Information can be found by clicking the link below:

[Polypharmacy guidance: Appropriate prescribing making medicines safe, effective and sustainable 2026-2029 | Right Decisions](#)

BNF Update to include safe cosleeping

Recent evidence from England and Wales, reflected in emerging data in Scotland, shows that a high proportion of sudden unexpected deaths in infancy (SUDI) involve parents or carers under the influence of substances, often alongside unsafe sleeping practices. In response, the British National Formulary (BNF) has updated its guidance to include a cautionary label for medicines that may cause drowsiness, advising that patients who are parents or carers of babies aged up to 12 months should be counselled on the risks of co-sleeping and avoid sharing a sleep surface with a baby. This change, informed by Child Death Overview Panel findings, aims to reduce the risk of sudden infant death syndrome (SIDS) by ensuring consistent, evidence-based advice is given, with further information available via the [Co-sleeping | The Lullaby Trust](#)

Information from Previous Communications

INFORMATION: Consilient brand Melatonin 1mg/1ml oral solution

Consilient Health are currently out of stock of both the 100ml and 150ml bottles of melatonin 1mg/ml oral solution. The 150ml bottle should be back in early July or sooner. The 100ml bottle will sadly not be back in stock until August. The reason for the out of stock has now been resolved and the company are doing everything we can to expedite the above timelines.

Where there are queries around individual patients melatonin please contact CAMHS directly.

INFORMATION: Hormonal Contraception & Brain Tumour Risk

The College of Sexual and Reproductive Healthcare have provided statements on 4th June. Updates can be found by clicking the links below:

[Hormonal contraception and brain tumour risk: A summary for the public | CoSRH](#)

[Meningioma and Contraception v0.6.pdf](#)

A helpful table can be found on page 3 of this document with Numbers Needed to Harm (NNH).

In the Meningioma (IM) and Progestogens guidance, it is now recommended that:

“Individuals starting cyproterone acetate, noregestrol acetate, medroxyprogesterone acetate or desogestrel should be informed of the increased risk of IM requiring surgery with these methods.”

The Sexual Health team are aware that there is a lot of media attention on this topic and practices are receiving enquiries from concerned individuals.

RECENT COMMUNICATIONS SUMMARY

Tuesday 16th June

ClinicalPCT - Update: Obtaining Drugs By Deception

Kirstie Williams - New MenB Vaccination Programme

Wednesday 17th June

aa.cpteam – Class 3 Drug Alert No 29 2026 – Orbit Pharma Ltd – Cyclizine Lactate 50mg/ml solution for injection

aa.cpteam – Prescribing Flash Bulletin 138

Monday 22nd June

Andrew Melvin - Subject: Improving Safety in HRT Prescribing – Final Questionnaire and Your Feedback

Kirstie Williams - PHS Alert: 2026/15- Vector-borne disease in the UK and Europe: risk ahead of summer 2026

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Information contained in this communication is issued on the understanding that it is the best available from the resources at our disposal and the opinions expressed are those of the authors and do not necessarily reflect Ayrshire & Arran Patient Services' policy.

