

# Pharmacy & Medicines Directorate Weekly Update



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## Pharmacy and Medicines Directorate Change of Address

Please note that the Pharmacy and Medicines Directorate have now relocated to Summerfield House, 2 Eday Road, Aberdeen, AB15 6RE. Please ensure your records are updated as necessary.

We request that signed Patient Group Directions are sent via email to: [gram.pharmaceuticalcareservices@nhs.scot](mailto:gram.pharmaceuticalcareservices@nhs.scot), where possible.

## Reporting Known or Suspected Illicit Supply of Obesity Medicines Semaglutide (WEGOVY) and Tirzepatide (Mounjaro)

Please see attached a letter from Professor Alison Strath, Chief Pharmaceutical Officer about the emerging concerns around the illicit supply of these medicines for onward dissemination to community pharmacists, dietetic service managers and prescribing nurses.

As a result of those concerns Police Scotland are now encouraging healthcare professionals to report any concerns on the illicit supply of weight loss medicines which can be done anonymously via their online portal.

## FreeStyle Libre 2 Discontinuation

FreeStyle Libre® 2 is being discontinued August 2025, with a move to FreeStyle Libre® 2 **Plus**. Attached and linked below is information to support practices with the required changes to prescribing as well as healthcare professional FAQs & a patient information sheet to support counselling of change.

Community pharmacies are asked to be alert to changes in prescribing, and ensure any patients new to FreeStyle Libre 2 Plus are counselled on changes to their CGM device, in particular the change in duration of wear from 14 to 15 days per sensor.

- [Primary Care Information: FSL2 - FSL2+](#)
- [Healthcare Professional FAQ: FSL2 - FLS2+](#)
- [Patient FAQ: FSL2 - FSL2+](#)

## Glucagon-like Peptide-1 (GLP-1) Agonists and Oral Contraception

We have been receiving reports that some patients are being prescribed the injectable weight loss medications and not receiving guidance around their potential interaction with oral contraceptives. There is a clinically significant effect of Tirzepatide/Mounjaro on the bioavailability of oral contraceptives. Whilst there is limited data for on HRT the suggestion is that we should expect a similar effect. I have enclosed the full statements below as well as a useful patient information leaflet from FSRH and a summary document from PCWHF which has some template texts which you may find helpful.

The main summary points are:

Contraception:

- Individuals should be advised to use contraception whilst using GLP-1 agonists.
- Individuals using tirzepatide and oral contraception should switch to a non-oral contraceptive method, or add a barrier method of contraception, for four weeks after initiation and for four weeks after each dose increase.
- There is no need to add a barrier method of contraception when using semaglutide, dulaglutide, exenatide, lixisenatide or liraglutide.
- Individuals who experience severe diarrhoea or vomiting during use of GLP-1 agonists should follow existing FSRH guidance.

HRT with women using tirzepatide/Mounjaro:

- Combined patch (i.e. Evorel Conti/Evorel Sequi) No change required
- LNG-IUD 52mg (i.e. Mirena/Levosert) No change required
- Oral progestogen Consider changing to LNG-IUD or combined patch. If unable to do so increase dose of separate progestogen for 4 weeks after initiation and 4 weeks after every dose change. Pragmatically given frequent dose changes it may be easier to increase dose long term.
- There may be an effect on the absorption of oral HRT preparations
- Consider earlier investigation of unscheduled bleeding for women taking GLP-1 agonists We are happy to take referrals for advice regarding this.

Please find the below links for information:

- [FSRH statement: Glucagon-like peptide-1 \(GLP-1\) agonists and oral contraception \(Feb 2025\) | FSRH](#)
- [Patient-information-GLP-1-agonists-and-contraception.pdf](#)
- [23-BMS-TfC-Use-of-incretin-based-therapies-APRIL2025-C.pdf](#)
- [Injectable weight loss drugs, contraception and HRT – summary with practical action plan | Primary Care Women's Health Society](#)

## Monthly Claim Submissions

Almost 10% of community pharmacies across NHS Grampian missed the deadline for submitting their monthly claim form for April 2025 - this is very concerning. Please remember, it is **essential** that these monthly claims are completed and sent in by the deadline set by PCCT, in order for contractors to be paid correctly and on time. Any claims received after the deadline will not be paid that month, they will be recorded and paid the following month. Claims can be submitted anytime between 1<sup>st</sup> and 7<sup>th</sup> of each month, but this is a firm deadline in line with our payments process - this is not a new process and has always been the case.

## Smoking Cessation Update

### Varenicline Update – IMPORTANT

Thanks to all who went along to the Q&A session on 7<sup>th</sup> May. The recording is available [here](#).

Few things to highlight:

- **PGD** – NHS Grampian have released the Varenicline PGD, please find it attached, sign and send back to us as soon as possible. We will be collating a list of all participating pharmacies. Please remember that, even if you are an independent prescriber, you will need to sign the PGD if you decide to supply to patients using it.
- **Training** – All staff undertaking the smoking cessation service **MUST** complete the mandatory course before commencing the service. If you were already familiar with the old Champix, then you can skip to the assessment. <https://learn.nes.nhs.scot/1475/pharmacy-cpd-resources/pharmacy-services-essential-learning/community-pharmacy/nhs-scotland-smoking-cessation-service>.
- **CO monitoring** – The PGD states that CO monitoring “should” be used, it is not mandatory. Grampian has not re-introduced CO monitoring into pharmacies since COVID. The monitors have a shelf life of around 4 years and therefore all monitors in Grampian community pharmacies would need to be replaced which comes at a very high cost. However, this is currently under review and we will keep you updated with the decision.
- **Smoking Cessation Service Specification and PCR** – these are both areas under review for improvement and will be finalised by this time next year.
- **Vaping** – This is an area under review at CPS and it is hoped that pharmacies will be able to support vapers to quit vaping in due course. For now, please keep referring to the tobacco and vaping pathways.

## Public Health Update

### Government Initiated Lyme Disease Campaign

You all should have received your posters and should be displaying them prominently in your pharmacy, ideally the window. A reminder that you can request alternative sizes and new mounts via email:

[stockorders.DPPAS@theapsgroup.com](mailto:stockorders.DPPAS@theapsgroup.com). The toolkit is at the following link where you'll find social media assets for sharing on your own platforms: [Campaign Assets | Scottish Government Marketing News](#)

### Could Your Pharmacy Achieve the GOLD Award?

The GOLD awards are a Public Health initiative where pharmacies are rewarded for delivering a range of more advanced public health services as well as delivering a high standard of core services.

The criteria may change yearly depending on Government objectives and initiatives and you may be asked to take part in small pilot projects.

If you feel your pharmacy can meet all the criteria areas (PDF attached) and would like to work towards this award, please submit an email to [gram@pharmaceuticalcareservices.nhs.scot](mailto:gram@pharmaceuticalcareservices.nhs.scot) before **Friday 30<sup>th</sup> May** stating:

- Your pharmacy name and branch
- Your lead pharmacist prescriber's name
- Who would be your nominated Public Health Champion(s)
- A short blurb telling us why extra public health services would be good within your community

Please note that we only have 6 spaces this year. Pharmacies will be prioritised on their SIMD area, their smoking cessation data and their logistical space to have a health promotion area (this could involve window displays).

A one-off payment of £1100 will be provided to allow time for staff training and to purchase any display materials. This will consist of an upfront payment of £600 and a final payment of £500 on completion of the criteria and submission of feedback forms.

Payment for yearly revalidation is under review. Successful pharmacies will be alerted by Monday 16<sup>th</sup> June and initial visits will commence June/July 2025.

## **Sexual Health Update**

### **Health Information Resources Service**

Please find attached copies of our latest resources promoting Sexual Health Services. These were developed in collaboration with young people in Grampian and give an overview of key messages and how to access services. There is an A4 poster Z cards which can be ordered free from the resources department, and the pull up banner can be ordered on loan. To access the resources service follow this link: [Health Information Resources Service](#).

## **Aberdeen City Study: PHOENIx**

PHOENIx is a new study which has begun in Aberdeen, and is for people who are homeless and also face other disadvantages currently living in Aberdeen City. This study will identify if a pharmacist and ADA worker intervention can improve the health of this group. Recruitment to the study is now open so please share with any patients you think might be interested. More detail about the inclusion criteria can be found on the attached poster.

Patients enrolled in the study may present with prescriptions from Timmermarket clinic for general medicines (such as antibiotics) which you may not expect to see on these forms. Due to the outreach nature of the project, some prescriptions will be handwritten.

## **Webinar: The Role of the Pharmacist in Opioid Dependence Treatment**

Camurus are hosting an online seminar for healthcare professionals and other relevant decision makers working in opioid dependence treatment, which will take place on **Wednesday 14<sup>th</sup> May from 7pm – 8.30pm**. Find the attached flyer for more information.

## **Education Sessions - Improve Stroke Recognition**

Chest Heart and Stroke Scotland are running an education session in partnership with the Scottish Government, aiming to improve stroke recognition. Find the attached flyer for more information.

## **Dermatology Education Survey**

Please [click here](#) to undertake a short survey on the Dermatology Education to gather data on the level of Dermatology education/training in Grampian. For any queries or further dermatology education support, contact Molly Connolly: [molly@bdng.org.uk](mailto:molly@bdng.org.uk).

## Community Pharmacy Scotland Round-Up



12/05/2025 • Graham Le Tissier

### Medicines Care and Review (MCR) Ready Reckoner

This week's MCR Ready Reckoner has been updated and is now available to download or you can view it via the App.



08/05/2025 • Sarah Scott

### Programme for Government 2025-2026

The First Minister of Scotland, John Swinney, announced this week the Programme for Government for 2025/26. He stated that "this programme is focused on delivery and hope. Delivery in response to the challenges we know people are facing in their everyday lives.



08/05/2025 • Scottish Government

### PCA(P)(2025)09: SSP Extensions for Estradot Patches and Cefalexin 125mg-5ml

This Circular advises community pharmacy contractors that the four UK-wide Serious Shortage Protocols (SSPs) for Estradot® (estradiol) transdermal patches, a hormone replacement therapy (HRT) product, due to expire on 2 May 2025 have been extended.



07/05/2025 • Scottish Government

### Lyme Disease PHS Poster Campaign

The current Public Health Scotland poster campaign topic is Lyme Disease. The campaign aims to increase awareness of Lyme disease; how it is transmitted (via ticks) and vital signs and symptoms to look out for. Posters should be displayed within your pharmacy.

## The Happy Place ☺ Grampian Wellbeing Festival

The Grampian Wellbeing Festival has returned this May, which is held to support mental health and wellbeing and raise awareness of community support, activity and events which promote and support all our mental health and wellbeing. [Click here](#) to view the festival booklet and learn what's on offer throughout the month of May.

*All weekly updates are uploaded to the [CP Grampian website](#).  
Remember to like our Facebook page for regular updates: [Community Pharmacy Grampian – NHSG](#)*