

COMMUNITY PHARMACY LANARKSHIRE

PHARMACY FIRST PLUS NEWSLETTER

MARCH 2026

Prescribing Data – March 2026

The **Pharmacy First Plus service** is available across 60% of NHS Lanarkshire's Community Pharmacy network. In March there were 96 active prescribers.

Locality	No. IPs
Airdrie	12
Bellshill	11
Camglen	19
Clydesdale	15
Coatbridge	10
East Kilbride	12
Hamilton	12
Motherwell	9
North Locality	9
Wishaw	13
Total	122

Have you moved to a new pharmacy site or healthboard?

You must notify the NHS Lanarkshire Pharmacy Admin team of any changes to your workplace/practice or if you leave the organisation:

- If you move to another contractor code within NHS Lanarkshire you must notify Pharmacy Admin of the new contractor code to ensure the IP organisational data base is accurate. NHS Facilitation must also be notified to ensure your NHS mailbox, Clinical Portal and Emergency Care Summary access reflects this.
- If you move to another sector of practice and/or another health board, you must notify Pharmacy Admin and destroy any prescribing pads issued by the health board (an email from your line manager confirming pads have been shredded and disposed of into confidential waste is sufficient). Similarly, any prescriber joining the health board must apply for an NHS Lanarkshire prescribing number and must not use any other number issued by previous employers. NHS Facilitation must also be notified to ensure your NHS mailbox, Clinical Portal and Emergency Care Summary access reflects this.

Your NHS Lanarkshire prescribing number and prescription pad is for use within NHS Lanarkshire only. These pads cannot be used / annotated by another prescriber.

Areas out with PF+ Service

The Pharmacy First Plus Service should be provided when an individual **presents with symptoms of a common clinical condition(s)** which is beyond the scope of the standard NHS Pharmacy First Scotland service and within the prescribers' competence to prescribe and manage. Recent prescribing reports have shown an increase in prescribing for several conditions that **do not** fall under the scope of the Pharmacy First Plus service:

- period delay
- erectile dysfunction
- Vaccinations
- Urgent access to medicines
- Items of low clinical value

It should also be noted that we have seen an increase in NRT products, Varenicline & Levonorgestrel/Uripistal being issued via the Pharmacy First Plus service; please remember **smoking cessation & Emergency Hormonal Contraception sits under the Public Health Service** section of the national contract **not Pharmacy First**.

Gastrointestinal

New to Pharmacy First Plus? Let's take a look at the first chapter of the standard Pharmacy First approved list, Gastrointestinal, and consider what is Pharmacy First vs what is beyond the scope of the standard NHS Pharmacy First Scotland service, which you may wish to consider as part of your Pharmacy First Plus service; [West of Scotland Formulary; Gastro-intestinal-system](#)

Gastrointestinal System	
Dyspepsia and Gastro-oesophageal reflux	
Pharmacy First	Pharmacy First Plus
Co-magaldrox Suspension Peptac Liquid	Short course: Omeprazole/Lansoprazole
Gastrointestinal smooth muscle spasm	
Pharmacy First	Pharmacy First Plus
Hyoscine butyl bromide	Mebeverine
Acute Diarrhoea	
Pharmacy First	Pharmacy First Plus

First line: Dioralyte Second line: Dioralyte Relief Second line: Loperamide	Loperamide is preferred to short term codeine phosphate because it is less likely to produce central side effects and addiction
Constipation	
Pharmacy First	Pharmacy First Plus
First line: Ispaghula husk First line: Macrogol First line: Bisacodyl First line: Glycerol First line: Senna First line: Sennosides Second Line: Lactulose	Impacted faeces: Single dose Micralax / Cleen Ready-to-use enema if response to oral laxatives or suppositories is insufficient.
Haemorrhoids	
Pharmacy First	Pharmacy First Plus
Anusol Cream/Oint/Supp Anusol Plus HC Cream/Oint/Supp	Scheriproct Oint/Supp

Proton Pump Inhibitors

- Remember to offer simple lifestyle advice, including advice on healthy eating, weight reduction and smoking cessation.
- Advise people to avoid known precipitants they associate with their dyspepsia where possible. These include smoking, alcohol, coffee, chocolate, fatty foods and being overweight. Raising the head of the bed and having a main meal well before going to bed may help some people.
- If symptoms persist, a full-dose proton pump inhibitor should be prescribed for **4 weeks Dyspepsia, 4-8 weeks GORD**
- PPIs are most effective when taken on an empty stomach, 20-30 minutes before breakfast.
- PPIs should be used with caution in the elderly. There may be an association between PPI use and *Clostridioides difficile* (*C.diff*) infection and osteoporosis. Careful consideration should be made to the risk benefit ratio.
- Lansoprazole orodispersible tablets are for use only in patients with swallowing difficulties, or for administration via nasogastric or percutaneous endoscopic gastrostomy tube.

Heartburn in pregnancy

What products are safe for pregnancy and on the West of Scotland Formulary?

- **Co-magaldrox**
- **Peptac liquid**
- **Gaviscon Advance oral suspension**
- **Gaviscon Advance Mint chewable**

West Region Formulary

All prescribing should adhere to the [West of Scotland Formulary](#) where products have been selected on the basis of clinical effectiveness, cost effectiveness, comparative safety and patient acceptability. Chapters that are currently live include:

- **Gastro-intestinal**
- **Respiratory**
- **Cardiovascular**
- **Skin**

[User guide videos](#) are available to learn about the features and layout of the website and app.

The next chapters due to launch/go live in (eta) August are:

- **Endocrine**
- **Infections**