

COMMUNITY PHARMACY LANARKSHIRE

PHARMACY FIRST PLUS NEWSLETTER

MAY 2026

Prescribing Data – May 2026

The **Pharmacy First Plus service** is available across 57% of NHS Lanarkshire's Community Pharmacy network. In May there were 83 active prescribers.

Locality	No. IPs
Airdrie	14
Bellshill	11
Camglen	18
Clydesdale	15
Coatbridge	10
East Kilbride	13
Hamilton	13
Motherwell	9
North Locality	13
Wishaw	13
Total	129

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.

Skin

There were 229 items issued under the BNF chapter Skin; let's take a look at Skin conditions and reflect/align the below May prescribing to the [West of Scotland Formulary](#)

Eczema / Contact Dermatitis	
Emollient Medium Weight Creams	Epimax original cream Zerobase 11% cream Cetraben cream QV Cream
Emollient Medium Weight Gels	Epimax isomol gel Zerodouble gel
Emollient Medium Weight Oat base	Epimax oatmeal cream Zeroveen cream
Emollient Medium Weight Ointments	White soft paraffin 50% / Liquid paraffin 50% ointment Zeroderm Ointment Hydromol ointment Epimax paraffin free ointment (only for use when paraffin free preparation required)
Emollient Medium Weight Specialist Initiation Only	Emollin Adex These should not be initiated under the PF+ service
Urea containing emollients	imuDERM Flexitol 10% urea cream (For skin lesions on the hands and feet.) Flexitol 25% urea heel balm (For treatment for rough, dry and callused heels and feet when 10% urea cream has failed)
Soap substitutes / showering/bathing	Bath and shower emollient preparations should be reserved for situations where the use of regular emollient preparations is not sufficient. In most cases regular emollient preparations are suitable for use as bath additives and soap substitutes. Zeroderm Ointment QV Gentle wash (<i>specialist recommendation therefore should not be initiated under PF+ service</i>) Dermol 500 lotion (<i>Restricted to use only when skin is infected or if infection is a frequent complication (e.g. folliculitis or secondary infection of eczema). Not for prolonged use unless clinically indicated.</i>)
staphylococcal skin infection with inflammatory skin condition	Fusidic acid 2% cream
Psoriasis	
Mild to moderate psoriasis	Exorex lotion
Mild scalp psoriasis	Coal tar shampoo

	Capasal Therapeutic shampoo Cocois ointment
Moderate psoriasis	Coal tar in Yellow soft paraffin and coal tar 6% (Psoriderm)
Pruritus <i>Emollients should be considered first line treatment, see emollient choices in the Eczema section of the formulary. Anti pruritics should be considered when an emollient has been ineffective in relieving symptoms.</i>	
Topical Treatment	Menthol 1% Aqueous cream Aqueous calamine cream (itch associated with chickpox) Crotamiton 10% cream (itch associated with scabies)
Oral Treatment	Cetirizine Loratidine Chloramphenamine Hydroxyzine
Corticosteroids	
Mild	Hydrocortisone 1% cream / ointment Antimicrobial Hydrocortisone acetate 1% / Fusidic acid 2% cream Antifungal Hydrocortisone 1% / Clotrimazole 1% cream Timodine cream Hydrocortisone 1% / Miconazole 2% cream
Moderate	Clobetasone 0.05% cream/ointment (30g most cost effective, if 100g required then Betamethasone 0.025% cream/ointment is more cost effective)
Potent	First Line: Betamethasone 0.1% Second Line: Flucinolone acetonide 0.025% or Mometasone 0.1% Antimicrobial Betamethasone valerate 0.1% / Fusidic acid 2% cream Antifungal Betamethasone dipropionate 0.064% / Clotrimazole 1% cream
Very Potent	Clobetasol 0.05% cream/ointment

Items issued in May 2026

Skin items highlighted below

****While many areas highlighted in green are appropriate, prescribers are reminded to prescribe generically and not by brand.**

Item	Quantity
PHENOXYMETHYLPENICILLIN 250MG TABLETS	68
AMOXICILLIN 500MG CAPSULES	65
DEXAMETHASONE 0.1% / NEOMYCIN 0.5% / ACETIC ACID (GLACIAL) 2% EAR SPRAY	60
FLUCLOXACILLIN 500MG CAPSULES	46
CLARITHROMYCIN 500MG TABLETS	44
DOXYCYCLINE 100MG CAPSULES	39
TRIMETHOPRIM 200MG TABLETS	35
NYSTATIN 100,000UNITS/ML ORAL SUSPENSION	29
FUSIDIC ACID 2% CREAM	28
HYDROCORTISONE 1% CREAM	25
PREDNISOLONE 5MG TABLETS	23
MOMETASONE 50MICROGRAMS/DOSE NASAL SPRAY	22
FEXOFENADINE 120MG TABLETS	20
FEXOFENADINE 180MG TABLETS	18
NASEPTIN NASAL CREAM	17
PHENOXYMETHYLPENICILLIN 250MG/5ML ORAL SOLUTION	16
ACICLOVIR 200MG TABLETS	16
NITROFURANTOIN 100MG MODIFIED-RELEASE CAPSULES	15
BECLOMETASONE 50MICROGRAMS/DOSE NASAL SPRAY	13
BENZYDAMINE 0.15% OROMUCOSAL SPRAY SUGAR FREE	13
FUCIDIN H CREAM	12
AMOXICILLIN 250MG/5ML ORAL SUSPENSION	12
CHLORAMPHENICOL 0.5% EYE DROPS	11
HYDROCORTISONE 1% / CLOTRIMAZOLE 1% CREAM	11
FUCIDIN 20MG/G CREAM	11
DERMOL 500 LOTION	9
PHENOXYMETHYLPENICILLIN 250MG/5ML ORAL SOLUTION SUGAR FREE	8
CLOTRIMAZOLE 1% CREAM	8
SALBUTAMOL 100MICROGRAMS/DOSE INHALER CFC FREE	7
STERIMAR 31.8% ISOTONIC NASAL SPRAY	7
TIMODINE CREAM	7
PARACETAMOL 500MG TABLETS	7
AMOXICILLIN 500MG TABLETS	7
CLARITHROMYCIN 250MG TABLETS	6
CYCLIZINE 50MG TABLETS	6
PROCHLORPERAZINE 3MG BUCCAL TABLETS	6
ACICLOVIR 800MG TABLETS	6
METRONIDAZOLE 400MG TABLETS	6
BETNESOL-N EAR/EYE/NOSE DROPS	6
FLUCLOXACILLIN 250MG CAPSULES	6
TRIMOVATE CREAM	6
CO-AMOXICLAV 500MG/125MG TABLETS	6
FLUCLOXACILLIN 250MG/5ML ORAL SOLUTION	5
ZEROBASE 11% CREAM	5
NAPROXEN 500MG TABLETS	5
CLARITHROMYCIN 250MG/5ML ORAL SUSPENSION	5
OLOPATADINE 1MG/ML EYE DROPS	5

KETOCONAZOLE 2% SHAMPOO	5
BACTROBAN 2% NASAL OINTMENT	5
TRIMETHOPRIM 50MG/5ML ORAL SUSPENSION SUGAR FREE	5
PHENOXYMETHYLPENICILLIN 125MG/5ML ORAL SOLUTION SUGAR FREE	5
AMOROLFINE 5% MEDICATED NAIL LACQUER	5
FLUCONAZOLE 150MG CAPSULES	5
FUCIBET CREAM	5
BETAMETHASONE 0.1% EAR/EYE/NOSE DROPS	4
MICONAZOLE 2% CREAM	4
SUMATRIPTAN 50MG TABLETS	4
CANESTEN HC CREAM	4
OMEPRazole 20MG GASTRO-RESISTANT CAPSULES	4
CANESTEN THRUSH EXTERNAL 2% CREAM	4
TERBINAFINE 1% CREAM	4
CLOBETASONE 0.05% CREAM	4
MEDI DERMA-S BARRIER CREAM	4
AMOXICILLIN 125MG/5ML ORAL SUSPENSION	4
NORETHISTERONE 5MG TABLETS	4
AMOXICILLIN 250MG/5ML ORAL SUSPENSION SUGAR FREE	4
PHENOXYMETHYLPENICILLIN 125MG/5ML ORAL SOLUTION	4
AMOXICILLIN 500MG/5ML ORAL SUSPENSION SUGAR FREE	4
SCHERIPROCT OINTMENT	4
HYDROCORTISONE 1% OINTMENT	4
IBUPROFEN 400MG TABLETS	4
STERIMAR 75% HYPERTONIC NASAL SPRAY	3
ROZEX 0.75% CREAM	3
CLARITHROMYCIN 125MG/5ML ORAL SUSPENSION	3
EXOCREAM	3
ERYTHROMYCIN 250MG GASTRO-RESISTANT TABLETS	3
FLUCLOXACILLIN 250MG/5ML ORAL SOLUTION SUGAR FREE	3
CETIRIZINE 10MG TABLETS	3
MOMETASONE 0.1% CREAM	3
PROCHLORPERAZINE 5MG TABLETS	3
NAPROXEN 250MG TABLETS	3
BETAMETHASONE VALERATE 0.1% CREAM	3
HYDROCORTISONE 0.5% CREAM	3
SODIUM BICARBONATE 5% EAR DROPS	3
HYDROCORTISONE 1% / MICONAZOLE 2% CREAM	3
LOTRIDERM CREAM	3
PARACETAMOL 250MG/5ML ORAL SUSPENSION	3
HYDROMOL BATH & SHOWER EMOLLIENT	3
SALIVIX PASTILLES	2
FLUCLOXACILLIN 125MG/5ML ORAL SOLUTION SUGAR FREE	2
PARACETAMOL 120MG/5ML ORAL SUSPENSION PAEDIATRIC SUGAR FREE	2
TRANEXAMIC ACID 500MG TABLETS	2
PSEUDOEPHEDRINE HYDROCHLORIDE 60MG TABLETS	2
HYOSCINE BUTYLBROMIDE 10MG TABLETS	2
CHLORAMPHENICOL 1% EYE OINTMENT	2
HYPROMELLOSE 0.3% EYE DROPS	2
PARACETAMOL 250MG/5ML ORAL SUSPENSION SUGAR FREE	2
IBUPROFEN 100MG/5ML ORAL SUSPENSION SUGAR FREE	2
CHLORPHENAMINE 4MG TABLETS	2
AEROCHAMBER PLUS FLOW-VU ANTI-STATIC	2
GABAPENTIN 300MG CAPSULES	2
XYLOMETAZOLINE 0.1% NASAL SPRAY	2

CO-CODAMOL 30MG/500MG TABLETS	2
LACTULOSE 3.1-3.7G/5ML ORAL SOLUTION	2
FIFTY:50 OINTMENT	2
LAXIDO PAEDIATRIC PLAIN ORAL POWDER 6.9G SACHETS	2
FLUCLOXACILLIN 125MG/5ML ORAL SOLUTION	2
DUAC ONCE DAILY GEL (3% AND 1%)	2
PARACETAMOL 500MG CAPLETS	2
ACETIC ACID (GLACIAL) 2% EAR SPRAY	2
BETACAP 0.1% SCALP APPLICATION	2
MEPORE DRESSING 10CM X 11CM	2
FLUCONAZOLE 50MG CAPSULES	2
EUMOVATE 0.05% CREAM	2
AAA MENTHOL 1% IN AQUEOUS CREAM	2
EUMOVATE 0.05% OINTMENT	2
SALIVEZE MOUTH SPRAY	2
EVOLVE HA 0.2% EYE DROPS PRESERVATIVE FREE	2
CIPROFLOXACIN 0.3% / DEXAMETHASONE 0.1% EAR DROPS	2
CLINITAS MULTI 0.4% EYE DROPS PRESERVATIVE FREE	2
AVAMYS 27.5MICROGRAMS/DOSE NASAL SPRAY	2
OLIVE OIL EAR DROPS	2
ACICLOVIR 400MG TABLETS	2
BENZOYL PEROXIDE 3% / CLINDAMYCIN 1% GEL	2
BETNOVATE 0.1% CREAM	2
HYDROMOL OINTMENT	2
IBUPROFEN 5% GEL	2
CAPASAL THERAPEUTIC SHAMPOO	1
DYMISTA 137MICROGRAMS/DOSE / 50MICROGRAMS/DOSE NASAL SPRAY	1
BECONASE AQUEOUS 50MICROGRAMS/DOSE NASAL SPRAY	1
FLEXITOL 10% UREA CREAM	1
BETAMETHASONE VALERATE 0.1% / CLIOQUINOL 3% OINTMENT	1
FLEXITOL 25% UREA HEEL BALM	1
TRICARE HYPODERMIC INSULIN NEEDLES FOR PRE-FILLED / REUSABLE PEN	
INJECTORS SCREW ON 5MM/31GAUGE	1
CEFALEXIN 500MG CAPSULES	1
ORALIEVE MOISTURISING MOUTH GEL	1
CEFALEXIN 500MG TABLETS	1
EMLA 5% CREAM	1
ANUSOL CREAM	1
ESOMEPRAZOLE 20MG GASTRO-RESISTANT CAPSULES	1
ANUSOL HC OINTMENT	1
FAMOTIDINE 40MG TABLETS	1
ALGESAL CREAM	1
FLAMINAL FORTE GEL DRESSING	1
ANUSOL HC SUPPOSITORIES	1
DICLOFENAC 2.32% GEL	1
ANUSOL SUPPOSITORIES	1
PARACETAMOL 120MG/5ML ORAL SUSPENSION PAEDIATRIC	1
CERELLE 75MICROGRAM TABLETS	1
PEPTAC LIQUID PEPPERMINT	1
FLUMETASONE 0.02% / CLIOQUINOL 1% EAR DROPS	1
PREDNISOLONE 5MG SOLUBLE TABLETS SUGAR FREE	1
FLUTICASONE PROPIONATE 50MICROGRAMS/DOSE / AZELASTINE	
137MICROGRAMS/DOSE NASAL SPRAY	1
QV GENTLE WASH	1
FLUTICASONE PROPIONATE 50MICROGRAMS/DOSE NASAL SPRAY	1
SENNA 7.5MG TABLETS	1

FOSFOMYCIN 3G GRANULES FOR ORAL SOLUTION SACHETS	1
CINNARIZINE 15MG TABLETS	1
CLENIL MODULITE 100MICROGRAMS/DOSE INHALER	1
THICK & EASY CLEAR POWDER	1
AQUEOUS CALAMINE CREAM	1
TYPHIM VI 25MICROGRAMS/0.5ML VACCINE SOLUTION FOR INJECTION PRE-FILLED SYRINGES	1
FUCIDIN 20MG/G OINTMENT	1
NYSTAFORM HC OINTMENT	1
AQUEOUS CREAM	1
OILATUM EMOLLIENT	1
ARJUN 0.5% CREAM	1
OMEPRAZOLE 20MG GASTRO-RESISTANT TABLETS	1
CLINITAS CARBOMER 0.2% EYE GEL	1
OTEX 5% EAR DROPS	1
GENERIC DERMOL CREAM	1
ACRIVASTINE 8MG CAPSULES	1
GENERIC DIORALYTE ORAL POWDER SACHETS	1
BENZYDAMINE 0.15% MOUTHWASH SUGAR FREE	1
GENTAMICIN 0.3% EAR/EYE DROPS	1
E45 CREAM	1
CANESTEN 500MG PESSARIES	1
BETAHISTINE 8MG TABLETS	1
HYDROCORTISONE 0.5% OINTMENT	1
PREGABALIN 150MG CAPSULES	1
ARJUN 2% CREAM	1
PROTOPIC 0.03% OINTMENT	1
CLOBAVATE 0.05% OINTMENT	1
ROZEX 0.75% GEL	1
CETIRIZINE 1MG/ML ORAL SOLUTION SUGAR FREE	1
CHLORHEXIDINE GLUCONATE 0.2% MOUTHWASH	1
CETRABEN CREAM	1
SIMPLE LINCTUS PAEDIATRIC SUGAR FREE	1
CLOTRIMAZOLE 500MG PESSARIES	1
SORBADERM BARRIER CREAM	1
AACARB CARBOMER 0.2% EYE GEL	1
SUDAFED DECONGESTANT 30MG/5ML LIQUID	1
CETRABEN LOTION	1
TELFEST 30MG TABLETS	1
CO-CODAMOL 8MG/500MG TABLETS	1
ANTHISAN BITE AND STING 2% CREAM	1
IBUPROFEN 10% GEL	1
BIOTENE ORALBALANCE DRY MOUTH SALIVA REPLACEMENT GEL	1
COLCHICINE 500MICROGRAM TABLETS	1
VOLTAROL 1.16% EMULGEL	1
IBUPROFEN 200MG TABLETS	1
DERMOVATE 0.05% OINTMENT	1
COLPERMIN IBS RELIEF GASTRO-RESISTANT MODIFIED-RELEASE CAPSULES	1
NYSTATIN 100,000UNITS/G / CHLORHEXIDINE ACETATE 1% / HYDROCORTISONE 1% OINTMENT	1
VOLTAROL BACK & MUSCLE PAIN RELIEF 1.16% GEL	1
OCUFRESH CARBOMER 0.2% LUBRICATING EYE GEL 0.6ML UNIT DOSE PRESERVATIVE FREE	1
WHITE SOFT PARAFFIN 50% / LIQUID PARAFFIN 50% OINTMENT	1
ACICLOVIR 400MG/5ML ORAL SUSPENSION SUGAR FREE	1
COSMOCOL ORANGE FLAVOUR ORAL POWDER SACHETS	1

DOUBLEBASE ONCE GEL	1
ZERODERM OINTMENT	1
OPTIVE FUSION 0.1% EYE DROPS	1
CANESTEN 1% SOLUTION	1
OTADROP OLIVE OIL EAR DROPS	1
KLINIDERM FOAM SILICONE BORDER DRESSING 10CM X 20CM	1
OTIGO 40MG/G / 10MG/G EAR DROPS	1
KLINIDERM FOAM SILICONE BORDER DRESSING 10CM X 30CM	1
CETRAXAL PLUS 3MG/ML + 0.25MG/ML EAR DROPS 0.25ML UNIT DOSE	1
CROTAMITON 10% CREAM	1
DUMMY ZERO DISCOUNT	1
LANSOPRAZOLE 15MG GASTRO-RESISTANT CAPSULES	1
PARACETAMOL 500MG CAPSULES	1
LANSOPRAZOLE 30MG GASTRO-RESISTANT CAPSULES	1
PEPPERMINT OIL 0.2ML GASTRO-RESISTANT CAPSULES	1
CETRABEN OINTMENT	1
PERMETHRIN 5% CREAM	1
LOCOID 0.1% CREAM	1
ACNECIDE 5% GEL	1
LOPERAMIDE 2MG CAPSULES	1
BETAHISTINE 16MG TABLETS	1
DAKTACORT HYDROCORTISONE CREAM	1
PREDNISOLONE 4MG TABLETS	1
LYMECYCLINE 408MG CAPSULES	1
ENSTILAR 50MICROGRAMS/G / 0.5 MG/G CUTANEOUS FOAM	1
MAXIDEX 0.1% EYE DROPS	1
PREGABALIN 300MG CAPSULES	1
MEBENDAZOLE 100MG CHEWABLE TABLETS SUGAR FREE	1
EPADERM OINTMENT	1
DERMACOOL 1% CREAM	1
EPIMAX ISOMOL GEL	1
MEFENAMIC ACID 250MG TABLETS	1
CANESTEN COMBI 500MG PESSARY AND EXTERNAL 2% CREAM	1
MENTHOL CRYSTALS	1
SALATAC GEL	1
DERMACOOL 2% CREAM	1
ETORICOXIB 60MG TABLETS	1
MEPORE DRESSING 7CM X 8CM	1
CHLORPHENAMINE 2MG/5ML ORAL SOLUTION SUGAR FREE	1
MEPORE FILM & PAD DRESSING 9CM X 10CM	1
SHARPSAFE DISPOSAL UNIT	1
MEPORE FILM & PAD DRESSING 9CM X 15CM	1
SIMPLE LINCTUS SUGAR FREE	1
MEPORE ULTRA DRESSING 10CM X 11CM	1
SODIUM CROMOGLICATE 2% EYE DROPS	1
METRONIDAZOLE 0.75% GEL	1
BETNESOL 0.1% EYE/EAR/NOSE DROPS	1
AVEENO CREAM	1
STERIMAR BABY 31.8% ISOTONIC NASAL SPRAY	1
METROSA 0.75% GEL	1
SUDOCREM ANTISEPTIC HEALING CREAM	1
CETRAXAL 2MG/ML EAR DROPS 0.25ML UNIT DOSE	1
SYMBICORT 200/6 TURBOHALER	1
MICONAZOLE 20MG/G OROMUCOSAL GEL SUGAR FREE	1
ANBESOL LIQUID	1

DERMOL CREAM	1
ACNECIDE FACE 5% GEL	1
ACICLOVIR 5% CREAM	1
TRECLIN 1%/0.025% GEL	1
MOVELAT GEL	1
CAVILON DURABLE BARRIER CREAM	1
DERMOL WASH CUTANEOUS EMULSION	1
BISACODYL 5MG SUPPOSITORIES	1
BALANCE ACTIV BV VAGINAL PH CORRECTION GEL	1
UVISTAT SUN CREAM SPF 50	1
BALNEUM PLUS CREAM	1
VOLTAROL 12 HOUR EMULGEL P 2.32% GEL	1
NEUTROGENA T/GEL DRY HAIR ANTI-DANDRUFF SHAMPOO	1
AACTINOSE NASAL SPRAY	1
XEMACORT 20MG/G / 1MG/G CREAM	1
INADINE DRESSING 5CM X 5CM	1
BUSCOPAN 10MG TABLETS	1
IVERMECTIN 3MG TABLETS	1
KENT PHARMA SODIUM HYALURONATE 0.2% EYE DROPS PRESERVATIVE FREE	1
AVAXIM VACCINE SUSPENSION FOR INJECTION 0.5ML PRE-FILLED SYRINGES	1
Grand Total	1198

Additional Considerations for Skin Prescribing

- Most emollients (apart from white soft paraffin 50%/liquid paraffin 50%) may be used as soap substitutes (hand washing and in bath/shower) by firstly wetting the skin, washing with the cream or ointment, then rinsing off. Epimax products are considered body washes rather than soap substitutes so as to avoid contact with the eyes.
- All emollients (paraffin-based and paraffin-free) carry a risk of severe burns. Patients should avoid smoking or naked flames, as emollients can transfer to clothing, bedding, and dressings, where they dry, build up, and act as an accelerant if ignited. Though not flammable on skin, dried residues increase fire speed and intensity.
- Similar risks may occur with other skin products used widely or in large amounts. Clothing and bedding should be changed daily; washing at high temperatures reduces but does not remove residue.
- General considerations on formulations:
 - Creams – less greasy, easier to apply, preferred cosmetically; useful for weeping lesions.
 - Gels – suitable for face and scalp.
 - Lotions – cooling; good for moist or hairy areas; alcohol-based lotions may sting on broken skin.
 - Ointments – greasy, less likely to sensitise; best for chronic dry lesions.
 - Absorption – creams and lotions absorb faster than ointments or gels.
- Emollients with antiseptics should only be used in patients with infected eczema.

What quantities to prescribe?

- Quantities are based on twice daily application for 1 week in adults:

Body area	Non-corticosteroid cream/ointment
Face	15 to 30g
Both hands	25 to 50g
Scalp	50 to 100g
Both arms	100 to 200g
Both legs	100 to 200g
Trunk	400g
Groins and genitalia	15 to 25g

- Quantities are based on single daily application for 2 weeks in adults:

Body area	Corticosteroid cream/ointment
Face and neck	15 to 30g
Both hands	15 to 30g
Scalp	15 to 30g
Both arms	30 to 60g
Both legs	100g
Trunk	100g
Groins and genitalia	15 to 30g