



MINOR AILMENT SERVICE FORMULARY

JUNE 2017

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INTRODUCTION

The Minor Ailment Service (MAS) allows eligible individuals to register with and use a community pharmacy as the first port of call for the treatment of common illnesses on the NHS.

The national formulary available to the pharmacist includes Pharmacy (P) and General Sales List (GSL) medicines that are not blacklisted, dressings and appliances from Part 2 of the Drug Tariff, selected items from Part 3 of the Tariff, such as bug busting kits, and any Prescription Only Medicines (POMs) agreed using the PGDs.

Pharmacists should prescribe in line with NHS GG&C prescribing policy and guidance, including the contents of this formulary and licensed indication for the product. MAS is subject to the same prescribing support as other clinical services. All drugs provided as part of MAS will be reimbursed at Drug Tariff prices, and community pharmacies will not receive a dispensing fee for the prescription. Section 7b of the Scottish Drug Tariff clarifies the pricing of certain items when prescribed generically.

Repeat supplies of products for minor illnesses may be required from time to time. This is condition dependent and is at the discretion of the pharmacist but consideration should be given to conditions which may last several weeks or months but are time-limited e.g. hay fever or teething.

Pharmacists are encouraged to prescribe generically, but ensure correct endorsement for P products supplied (see individual entries for details). The formulary entries in coloured text refer to how the medicine should be written on the prescription, with additional information regarding what product and pack size to supply and how to endorse below each entry.

The formulary has been structured to show relevant self-management approaches and should be the first line for these conditions where appropriate. Products for prescribing are then listed in first choice, second choice etc and so pharmacists should be familiar with the ordering within the formulary.

The content in this document reflects information available at the time of publication.

For all queries regarding the MAS, please contact the Prescribing Support Team in West Glasgow ACH on 0141 232 1778.

1. GASTROINTESTINAL

1.1 INDIGESTION

1.1.1 ALUMINIUM AND MAGNESIUM CONTAINING ANTACIDS

See section 1.1.1 of the BNF for further information.

CO-MAGALDROX SF SUSPENSION 195/220/5ml

Supply and endorse as Mucogel[®]. Supply 500ml.

1.1.2 COMPOUND ALGINATES AND PROPRIETARY INDIGESTION PREPARATIONS

PEPTAC[®] LIQUID

Peppermint and aniseed flavours. Supply 500ml pack.

RANITIDINE 75mg TABLETS

Available in pack sizes of 6 or 12 tablets.

1.2 INFANT COLIC

First Choice: Self management points – parents/ carers can try various self-management strategies to ease the baby’s discomfort from colic. This includes gentle rubbing motions of the baby’s tummy and “white noise” bathing in warm water. For babies who are being breast-fed, mums should avoid spicy foods, alcohol, caffeine and foods with a high dairy content. If the baby is being bottle-fed, ensure that the bottle has the correct teat size to avoid the baby taking in too much air.

See section 1.1.1 of the BNF for further information.

DENTINOX[®] INFANT COLIC DROPS

This preparation is less suitable for prescribing and should only be given if the intended use meets the ACBS criteria. Supply 100ml pack.

INFACOL[®] LIQUID

This preparation is less suitable for prescribing and should only be given if the intended use meets the ACBS criteria. Supply 50ml pack.

COLIEF[®] INFANT DROPS

Only to be supplied where there has been no response to Infacol[®] or where there is a clear documented diagnosis of lactose intolerance. Supply 7ml pack.

1.3 CONSTIPATION

First Choice: Self management points – increased use of dietary measures including increase fluid, fruit and fibre intake. Regular exercise also helps with the regulation of bowel movement.

1.3.1 BULK-FORMING LAXATIVES

See section 1.6.1 for further information.

ISPAGHULA HUSK 3.4g/3.5g

Supply in packs of 30 or 60 sachets.

Ensure adequate fluid intake. Not to be taken immediately before going to bed.

1.3.2 STIMULANT LAXATIVES

See section 1.6.2 of the BNF for further information.

SENNA SYRUP 7.5mg/5ml

Supply 100ml pack.

SENNA TABLETS 7.5mg

Supply pack of 30 tablets.

1.3.3 OSMOTIC LAXATIVES

See Section 1.6.4 of the BNF for further information.

LACTULOSE SOLUTION

Supply 300ml/500ml pack.

1.4 DIARRHOEA

First Choice: Self management points – avoid use of milk or milk products. For patients at risk of acute kidney injury, patients should be advised to stop taking certain medications and only re-start when they are well again. The medication which should be stopped include ACE Inhibitors, ARBs, NSAIDs diuretics and metformin. Further information can be found at <http://www.scottishpatientsafetyprogramme.scot.nhs.uk/programmes/primary-care/medicine-sick-day-rules-card>

1.4.1 **ANTIMOTILITY DRUGS**

LOPERAMIDE 2mg CAPSULES

Supply in packs of 8 or 12 capsules

In adults and children over 12 years. Maximum strength 2mg, maximum dose 4mg and maximum daily dose 12mg.

1.4.2 **ORAL REHYDRATION THERAPY**

See section 9.2.1.2 of the BNF for further information.

DIORALYTE[®] ORAL POWDER

Supply in packs of 20 sachets.

1.5 **HAEMORRHOIDS**

First Choice: Self management points – patient should be advised to minimise constipation and straining. Increasing fluid intake will help to soften stools and allow them to be passed more easily. Warm baths may soothe the area and use of moist wipes will help keep the area clean.

1.5.1 **COMPOUND HAEMORRHOIDAL PREPARATIONS WITH CORTICOSTEROIDS**

See section 1.7.2 of the BNF for further information.

ANUSOL PLUS HC[®] OINTMENT

Supply 15g pack.

ANUSOL PLUS HC[®] SUPPOSITORIES

Supply pack of 12 suppositories.

1.6 **MOUTH ULCERS AND TEETHING**

See section 12.3.1 of the BNF for further details

1.6.1 **INFANTS AND YOUNG CHILDREN**

First Choice: Self management points – try using cooling chews or teething rings. Concomitant use of oral analgesia (paracetamol 120mg/5ml SF suspension) will also be useful.

LIDOCAINE 0.1% AND CETALKONIUM CHLORIDE 0.33% TEETHING GEL

Supply and endorse as Bonjela[®] Teething Gel. Supply 15g pack.

1.6.2 **ADULTS AND OLDER CHILDREN**

BENZYDAMINE 0.15% MOUTHWASH

Supply 200ml pack.

BENZYDAMINE 0.15% SPRAY

Supply 30ml pack.

CHLORHEXIDINE 0.2% MOUTHWASH

Supply 300ml pack.

1.7 **ORAL THRUSH**

See section 12.3.2 of the BNF for further information.

MICONAZOLE ORAL GEL

Supply 15g pack.

Miconazole gel can enhance the anticoagulant effect of warfarin.

2. RESPIRATORY

2.1 HAY FEVER

2.1.1 NON-SEDATING ANTIHISTAMINES

See section 3.4.1 of the BNF for further information.

CETIRIZINE 10mg TABLETS

Supply pack of 28 or 30 tablets.

CETIRIZINE SOLUTION 1mg/1ml ORAL SOLUTION

Supply 70ml, 100ml or 200ml packs.

LORATADINE 10mg TABLETS

Supply up to pack of 30 tablets.

LORATADINE 5mg/5ml SYRUP

Supply 100ml pack.

2.1.2 SEDATING ANTIHISTAMINES

See section 3.4.1 of the BNF for further information.

Drowsiness may affect performance of skilled tasks (e.g. driving); sedating effects enhanced by alcohol.

CHLORPHENAMINE 2mg/5ml SYRUP

Supply 150ml pack.

2.1.3 OTHER ANTI-INFLAMMATORY PREPARATIONS

SODIUM CROMOGLICATE 2% EYE DROPS

Supply as either a 5ml or 10ml pack.

2.1.4 STEROID NASAL SPRAYS

See section 12.2.1 of the BNF for further information.

BECLOMETASONE NASAL SPRAY

Supply either 100 or 180 dose pack.

2.2 COUGH AND NASAL CONGESTION

The MHRA has issued advice for healthcare professionals regarding the use of over-the-counter cough and cold preparations in children aged 6 years and younger (available from their website www.mhra.gov.uk)

2.2.1 DECONGESTANTS

SODIUM CHLORIDE 0.9% NASAL DROPS

Supply 10ml pack.

2.2.2 EXPECTORANTS AND DEMULCENT COUGH PREPARATIONS

See section 3.9.2 of the BNF for further information.

SIMPLE SF LINCTUS

Supply 200ml pack.

SIMPLE PAEDIATRIC SF LINCTUS

Supply up to a 200ml pack

2.3 SORE THROAT

First Choice: Self management points - Consider the use of simple analgesics (see section 3.1.1) in patients presenting with sore throat ahead of sore throat preparations which have no compelling evidence of efficacy.

BENZYDAMINE 0.15% SPRAY

Supply 30ml pack.

3. CENTRAL NERVOUS SYSTEM

3.1 PAIN

3.1.1 NON-OPIOID ANALGESICS

See section 4.7.1 and 10.1.1 of the BNF for further information.

PARACETAMOL 500mg TABLETS

Supply up to 32 tablet pack. Consider dose reduction in adult patients with low body weight (<50kg), renal/hepatic impairment or where they are malnourished.

PARACETAMOL SF 120mg/5ml SUSPENSION

Supply 100ml pack.

Paracetamol should not be routinely supplied for the prevention of post-vaccination pyrexia. It can, however be supplied if a patient presents with fever following a vaccination and is at least 8 weeks old.

PARACETAMOL SF 250mg/5ml SUSPENSION

Supply 100ml pack.

IBUPROFEN 200mg TABLETS

Supply up to 48 tablet pack. Consider recent safety guidance from the MHRA and where suitable, use the lowest effective dose for the shortest duration.

IBUPROFEN 400mg TABLETS

Supply up to 48 tablet pack. Consider recent safety guidance from the MHRA and where suitable, use the lowest effective dose for the shortest duration.

IBUPROFEN SF 100mg/5ml SUSPENSION

Supply 100-150ml pack.

ANTIMIGRAINE PREPARATIONS

Treat using a non-opioid analgesic as listed above.

3.1.2 TOPICAL ANALGESICS

See section 10.3.2 of the BNF for further information.

IBUPROFEN 5% TOPICAL GEL

Supply up to 50g pack.

3.2

TRAVEL SICKNESS

See section 4.6 of the BNF for further information.

CINNARIZINE 15mg TABLETS

Supply pack of 20 tablets.

HYOSCINE HYDROBROMIDE 150microgram CHEWABLE TABLETS (KWELLS[®], JOY RIDES[®])

Supply pack of 12 tablets. Supply and endorse as Kwells[®] or Joy Rides[®].

4. INFECTION

4.1 FUNGAL INFECTIONS

4.1.1 VAGINAL CANDIDIASIS

See section 5.2 and section 7.2.2 of the BNF for further information.

FLUCONAZOLE 150mg CAPSULE

Supply pack of 1 capsule and endorse as brand supplied.

This product should be supplied as a Pharmacy Medicine to women between the age of 16- 60 years for vaginal candidiasis.

CLOTRIMAZOLE 500mg VAGINAL TABLETS

Supply pack of 1 vaginal tablet.

CLOTRIMAZOLE 2% CREAM

Supply 20g pack.

4.1.2 ATHLETE'S FOOT

Also see section 6.2.6 for antifungal products combined with topical corticosteroids.

CLOTRIMAZOLE 1% CREAM

Supply 20g pack.

TERBINAFINE 1% CREAM

Only to be used if other treatments are ineffective.

Supply 7.5g pack.

4.2 VIRAL INFECTIONS

4.2.1 COLD SORES

See section 13.10.3 of the BNF for further information.

ACICLOVIR 5% CREAM

Only supply and endorse as aciclovir cream 5%, 2g.

4.2.2 **WARTS AND VERRUCAE**

See section 13.7 of the BNF for further information.

OCCLUSAL[®]

Supply 10ml pack.

4.3 **PARASITIC INFECTION**

4.3.1 **THREADWORM**

See section 5.5.1 of the BNF for further information.

All family members should be treated at the same time, even if they have no symptoms, to prevent re-infection.

MEBENDAZOLE 100mg CHEWABLE TABLETS

Endorse as Ovex[®] tablets. Supply 2 tablet pack.

4.3.2 **HEAD LICE**

See section 13.10.4 of the BNF for further information.

DIMETICONE 4% LOTION

Supply and endorse as Hedrin[®] or Lyclear[®] Spray or Lyclear[®] Mousse. Supply 50ml pack.

Dimeticone is not a chemical insecticide, but works by encapsulating the head lice, preventing them from functioning.

Two packs should be supplied, as patients will be required to re-treat one week following initial treatment.

4.3.3 **SCABIES**

See section 13.10.4 of the BNF for further information.

MALATHION 0.5% LIQUID (aqueous based)

Supply and endorse as Derbac M[®]. Supply as 50ml or 200ml pack. Two packs should be supplied, as patients will be required to re-treat one week following initial treatment.

Permethrin 5% Cream

Supply and endorse as Lyclear Dermal Cream. Can be use in treatment of scabies from 2 years old. Under 2 years of age, require medical supervision.

4.3.4 **PUBIC LICE**

See section 13.10.4 of the BNF for further information.

MALATHION 0.5% LIQUID (aqueous based)

Supply and endorse as Derbac M[®]. Supply as 50ml or 200ml pack. Two packs should be supplied, as patients will be required to re-treat one week following initial treatment.

5. PREGNANCY and CONTRACEPTION

Pregnant patients should be able to access Healthy Start Vitamins from their antenatal clinic and includes folic acid and vitamin D. Supplies cannot be made on CP2 form for MAS.

5.1 IRON AND VITAMINS

FERROUS FUMARATE 200mg TABLETS

For use by females during pregnancy on recommendation by Midwife or Health Visitor.

Supply 28 or 100 tablets

FERROUS SULPHATE 200mg TABLETS

For use by females during pregnancy on recommendation by Midwife or Health Visitor.

Supply 28 or 100 tablets

5.2 HEARTBURN

PEPTAC[®] LIQUID

Peppermint and aniseed flavours. Supply 500ml pack.

5.3 CONSTIPATION

See section 1.6 of the BNF for further information

ISPAGHULA HUSK 3.4g/3.5g

Supply in packs of 30 or 60 sachets.

Ensure adequate fluid intake. Not to be taken immediately before going to bed.

LACTULOSE SOLUTION

Supply 300ml/500ml pack.

SENNA TABLETS 7.5mg

Supply pack of 30 tablets.

5.4 HAEMORRHOIDS

See section 1.7.1 of the BNF for further information

ANUSOL[®] CREAM

Supply 23g pack.

5.5 ANALGESIA

See section 4.7.1 of the BNF for further information

PARACETAMOL 500mg TABLETS

Supply up to 32 tablet pack.

Consider dose reduction in adult patients with low body weight (<50kg), renal/hepatic impairment or where they are malnourished.

5.6 HEAD LICE

Also see section 4.3.2

5.7 ITCHING

Itching in pregnancy is relatively common, but in some cases it may be a symptom of cholestasis. Pregnant women presenting with itching should be advised to seek advice from their midwife at the earliest opportunity.

CALAMINE AQUEOUS CREAM

Supply 100g pack.

6. URINARY TRACT DISORDERS

First Choice: Self management point - In patients with only mild symptoms, consider self-management approaches. Adequate hydration and anti-inflammatories (e.g. ibuprofen) may help alleviate symptoms, and avoid the need for antibiotics.

6.1 ALKALINISATION OF URINE

See section 7.4.3 of the BNF for further information

POTASSIUM CITRATE 3g GRANULES

Supply 6 sachet pack.

7. SKIN

7.1 ECZEMA/ALLERGY

EMOLLIENTS

See section 13.2.1 of the BNF for further information.

LIQUID AND WHITE SOFT PARAFFIN OINTMENT NPF

Supply and endorse as Alliance or AAH 500g pack.

ZEROBASE[®] CREAM

Supply 50g pack.

HYDROMOL[®] OINTMENTS

Supply 125g pack.

HYDROMOL[®] BATH AND SHOWER EMOLLIENT

Supply 350ml pack

7.2 BARRIER PREPARATIONS

See section 13.2.2 of the BNF for further information.

ZINC AND CASTOR OIL OINTMENT BP

Supply 50g or 100g pack.

CONOTRANE[®] CREAM

Supply 100g pack.

7.3 TOPICAL ANAESTHETICS AND ANTIPRURITICS

See section 13.3 of the BNF for further information.

CALAMINE AQUEOUS CREAM

Supply 100g pack.

7.4 TOPICAL CORTICOSTEROIDS

HYDROCORTISONE 1% CREAM

Supply 15g pack.

CLOBETASONE BUTYRATE 0.05% CREAM

Supply and endorse as Eumovate[®]. Supply 15g pack.

7.5 TOPICAL CORTICOSTEROIDS WITH ADDITIONAL INGREDIENTS

See section 13.4 of the BNF for further information.

CANESTEN HC[®]

For the treatment of fungal infection of skin fold with inflammation. Supply 15g pack.

7.6 SHAMPOOS AND SCALP APPLICATIONS

7.6.1 CRADLE CAP

Olive oil or coconut oil are simple treatment options for cradle cap and should be tried in preference to proprietary products.

7.6.2 OTHER CONDITIONS

See section 13.9 of the BNF for further information.

CAPASAL[®] SHAMPOO

Supply 250ml pack.

KETOCONAZOLE 2% SHAMPOO

For the treatment of seborrhoeic dermatitis of the scalp. Supply either 60ml or 100ml pack.

7.7 PREPARATIONS FOR BOILS

See section 13.10.5 of the BNF for further information.

MAGNESIUM SULPHATE PASTE BP

Supply 50g pack.

8. EYE

Patients should be referred to local optometrists who are able to advise and initiate appropriate treatments for eye conditions. A referral form is available for this purpose and will allow the optometrist to recommend a product for supply once an examination has taken place.

Forms are available at:

<http://www.staffnet.ggc.scot.nhs.uk/Acute/Division%20Wide%20Services/Pharmacy%20and%20Prescribing%20Support%20Unit/Community%20Pharmacy/Pages/MAS.aspx> and

http://www.communitypharmacy.scot.nhs.uk/nhs_boards/glasgow.html

8.1 DRY EYES AND TEAR DEFICIENCY

See section 11.8.1 of the BNF for further information.

CLINITAS GEL[®]

Supply and endorse as Clinitas[®] carbomer gel. Supply 10g pack.

LACRI-LUBE[®] EYE OINTMENT

Supply 3.5g or 5g pack.

HYPROMELLOSE 0.3% EYE DROPS

Supply 10ml pack.

8.2 ANTIBACTERIAL EYE PREPARATIONS

See section 11.3.1 of the BNF for further information.

CHLORAMPHENICOL 0.5% EYE DROPS

Supply 10ml pack.

Use for children aged 1 and above is covered by a Patient Group Directive for which it needs to be prescribed generically and a POM pack supplied. The P pack is licensed for children aged 2 years and above.

9. EAR

9.1 REMOVAL OF EAR WAX

See section 12.1.3 of the BNF for further information.

OLIVE OIL EAR DROPS

Olive oil packaged in a suitable container.
Supply 10ml, 25ml or 50ml pack.

CERUMOL[®] EAR DROPS

Supply 11ml pack.

NOTE: There is a risk of anaphylaxis if used in patients with nut and almond allergies

10. DRESSINGS AND FIRST AID

Items included within part 2 of the drug tariff are available on CP2 forms as part of MAS, for example, dressings for first aid treatment.

The GGC Wound Product Formulary offers guidance on the use of appropriate dressings and should be adhered to where possible. It can be accessed at www.ggcmedicines.org.uk/non-medicines-formularies/

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