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Vitamin E for Cystic Fibrosis

Patients with cystic fibrosis (CF) are advised to take vitamin E as they cannot absorb fat-soluble vitamins due to pancreatic insufficiency. Low vitamin levels are associated with poorer clinical status and reduced lung function.

The Cystic Fibrosis Trust recommends that adults with CF take around 100mg of vitamin E daily (100mg vitamin E = 150units vitamin E).

Vitamin E 200 units (134mg) capsules, one capsule in the morning with food are recommended.

There are other vitamin E preparations available which can also be prescribed to CF patients:

- Vitamin E 75 units gel capsules, the standard dose is 3 capsules (225 units/150mg) in the morning with food.
- Vitamin E 100 units gel capsules, the standard dose is 2 capsules in the morning with food.
- Vitamin E liquid 100mg/ml, the standard dose is 1 or 2ml in the morning with food. Vitamin E liquid is known to be unpalatable and patients tend to prefer to take a capsule. Also it is expensive costing £45/100ml.

To ensure continuity of care, CF patients receive their vitamin E from their GP.

Dry Eye Management, Primary Care

Dry Eye Syndrome is a common ocular condition that can be successfully managed within Primary Care. Symptoms normally affect both eyes and include:

- Feelings of dryness, grittiness or soreness, which worsen throughout the day
- Redness of the eyes
- Watering of the eyes, particularly when exposed to wind
- Eyelids that stick together upon waking

These symptoms can worsen within smoky or hot environments. It is not normally a serious condition and can be managed with self-care methods such as

good lid hygiene which will help to prevent dry eye episodes and the associated condition of blepharitis (inflammation, redness and swelling of the rims of the eyelids.) For more information and advice please see the attached leaflet ([Blepharitis and Lid Hygiene Patient Self Care Guidance](#)).

Please note prescribing of [Blephasol](#)[®], [Blephaclean](#)[®] and [Blephagel](#)[®] is not supported within GGC. These products are not licensed and thus would be subject to 'Pay and Report'. Patients may purchase these products over the counter.

The recently updated Dry Eye Management Primary Care Guideline provides information on the treatment of this condition which can be found in the GGC guideline store [Dry Eye Primary Care GGC Guidelines](#).

Ibuprofen Safety Update MHRA

A recently published meta-analysis showed that people taking ≥ 2400 mg of ibuprofen per day are at higher risk of arteriothrombotic events (heart attack, stroke) than people taking placebo. This higher risk is similar to that seen with COX-2 inhibitors and diclofenac.

No increased risk of arterial thrombotic events is seen with ibuprofen at doses up to 1200 mg per day compared with not taking ibuprofen. It is uncertain whether doses between 1200 mg and 2400 mg per day are associated with an increased cardiovascular risk compared with not taking ibuprofen.

The latest experimental data confirm previous findings that ibuprofen competitively inhibits the effect of low-dose aspirin on platelet aggregation. Clinical data does not support a clinically meaningful interaction. However, the possibility that long-term, daily use of ibuprofen might reduce the cardioprotective effects of low-dose aspirin cannot be excluded.

Occasional ibuprofen use is unlikely to have a clinically meaningful effect on the benefits of low-dose aspirin. Link to [MHRA here](#)

New Selfhelp4stroke website

[Selfhelp4stroke](#) is a free self management website for anyone who has had a stroke.

Selfhelp4stroke can help a person gain control of their life following a stroke by helping them set goals and supporting them to achieve them and has been developed by stroke healthcare professionals and people who have had a stroke in Scotland.

Animations and film clips explain things in detail and there are many resources available to download. The resource includes information on keeping well, emotional support, coping with setbacks and other practical management tips. Within the keeping well topic there are explanations on how medication can reduce the risk of another stroke and why it is important to take them.

The site also addresses concerns such as side-effects, swallowing issues and why different combinations of medication are prescribed.

Practical support includes; ways to prompt yourself to remember to take your medication, services offered by community pharmacy and an [aide](#)

[memoire](#) that can be printed off and filled in with the user's own medication.

Safety Alert Minims Unit Dose Eye Drops.

The manufacturer has removed the labelling on the Minims unit dose vials. The label previously had an identification code and abbreviated strength printed on the body of the container. The strength is now **embossed** on the plastic in much smaller (6 point) font which makes it significantly more difficult to distinguish between different formulations.

The company has advised that the unit dose vial should be held against a dark surface to read the markings.

The lack of clear labelling presents a risk for clinicians and for poorly sighted patients who may have an array of Minims to choose from and could select the wrong eye drop.

To view photographic examples of new and old packaging find a link [HERE](#)

Availability of Fosfomycin 3g Sachets from Community Pharmacies

To view the GG&C Primary Care Protocol for Fosfomycin in the Treatment of Urinary Tract Infections please click [here](#).

The recent availability of a licensed product has prompted a review of previous arrangements for the supply of Fosfomycin 3g Sachets from community pharmacies. With effect from 1 July 2015, the following network of pharmacies will hold stock of the product for supply against a HPB or GP10 prescription:

Pharmacy	Address		Tel No
ASDA	Parkhead Shopping Centre	G31 4EB	0141 414 1510
ASDA	Monument Mall, Robroyston	G33 1AD	0141 557 6210
ASDA	Phoenix Retail Park, Linwood	PA3 3AB	0141 842 8520
Boots	Central Station	G1 3SQ	0141 221 7107
Boots	Silverburn Shopping Centre	G53 6AG	0141 881 6967
Boots	Clydebank Shopping Centre	G81 2TL	0141 952 2217
Boots	43 Hamilton Way, Greenock	PA15 1RQ	01475 729 173
Lloyds	263 Alderman Rd, Knightswood	G13 3AY	0141 959 1914
Lloyds	1851-1855 Paisley Rd West	G52 3SX	0141 882 1513

Although these scripts could be dispensed in any NHS pharmacy, it is important that the treatment is initiated as quickly as possible. Currently wholesalers are quoting a 48hour time lag in supplying the product. Therefore, pharmacies unable to dispense the script that day are requested to direct the patient to a convenient pharmacy on the above list. All are open extended hours over a 7 day period