

## Medicines Formulary New additions and changes

**Cytisinicline 1.5mg tablets for smoking cessation**—Added as **GREEN**, for second line use after Nicotine Replacement Therapy. The course is issued as a single acute prescription of 25 days, following a reducing dosage regime. Monitoring for hypertension at baseline and regularly throughout the course is advised (patients may self-monitor). See [Factsheet for Prescribers](#) for further information.

**Tadalafil once daily (2.5mg and 5mg) for erectile dysfunction** in those who fulfil [SLS criteria](#)—Added as **GREEN**, second line to sildenafil. Start with 5mg daily and reduce if not tolerated. The two strengths of tadalafil one daily tablets are intended to be taken every day rather than as required and are a suitable option for those who prefer spontaneous intercourse or where intercourse is expected two or more times a week.

**Melatonin MR 2mg tablets for REM sleep disorder in Parkinson's Disease**—Added to Beds/Luton Formulary as **SPIS** (to align with Milton Keynes Formulary) in line with [NICE NG 71](#). Treatment is long term with regular reviews in either community Parkinson's Disease Nurse clinics or annually at consultant reviews within secondary care. If treatment is ineffective plans will be made to stop treatment and consider alternative therapies.

Supporting the [NHS Green agenda](#), three new brands of eye drops for glaucoma have been added to the Formularies (**GREEN**) for patients who require a preservative-free product. Prescribing the following instead of unit dose vials will reduce plastic waste:

**BIMI®** Bimatoprost 300mcg/mL preservative free multi-dose eye drop (90 day expiry)

**DIMAZ®** Dorzolamide 2% preservative free multi-dose eye drop (28 day expiry)

**CODIMAZ®** Dorzolamide 20mg/ml & Timolol 5mg/ml (2%/0.5%) preservative free multi-dose eye drop (28 day expiry)



**Rosacea Formulary section** has been updated with the following changes:

- Ivermectin cream (Soolantra®) is now first line antimicrobial sparing option for management of papules and pustules of rosacea
- Azelaic acid 15% gel has also been added as another first line alternative
- Rozex® cream and gel to be prescribed by brand (cost-effective) where metronidazole is indicated.
- NB: Facial erythema of rosacea is considered a cosmetic condition & prescribed treatment is not supported for this use.

### Alternative guide to prescribing specials

Prescribing guidance has been developed to support Primary Care clinicians to switch unlicensed 'specials' to suitable alternatives where clinically appropriate to do so. This guidance document contains a list of commonly prescribed medicines with alternative methods of administration in order of preference. The guidance considers formulation, cost, licensing and local formularies. Specials should be reserved for those patients who are unable to take licensed formulations, some of which may be off-label use. This list is not exhaustive and will be reviewed and updated accordingly.

The guide can be accessed from the BLMK Medicines management website, via the [PIS password protected area](#).

**Freestyle Libre 2 Plus sensor**—Replaces Freestyle Libre 2 (FSL2) on the Formularies. The upgraded sensor is more accurate, carries an additional day of life in the sensor (15 vs 14 days) and is compatible with the same apps e.g. Libreview as FSL2. It is intended that when the product is ETP compliant (approx. June 2024) that patients will be switched in bulk to the upgraded sensor.

**Aflibercept 8mg intravitreal injection for the treatment of AMD and DMO** —Added as **RED**. The product offers benefits in terms of increased interval between injections resulting in fewer patient visits and increased clinic capacity.

**Metoject pens**—The Metoject (methotrexate) pen device has recently been changed by the manufacturer and a link to the information has been added to the Formulary. The new pen is simple to use, but patients should be made aware of, and counselled on, the change. For further information see <https://metoject.co.uk/healthcare-professionals/>