

Pylera® for the eradication of H. Pylori - Green

Pylera has been added to the formularies as a first line option in patients allergic to penicillin, and a second line option for all other patients.

It contains 140mg of bismuth subcitrate potassium, 125mg of metronidazole and 125mg of tetracycline hydrochloride and is intended to be used in combination with omeprazole as quadruple therapy. Pylera has more than 90% successful eradication rate. Counselling on the importance of compliance to the Pylera regimen is essential given the greater pill burden (12 capsules per day) and longer duration of treatment (10 days).

Paediatric oral nutritional supplements – SpA

The dietetic team across BLMK have developed a toolkit to support prescribing decisions for dietitian use only. It covers nutritional needs according to age group and considers other factors such as palatability and cost in the recommendations. The products in the toolkit were approved for addition to the formularies and, following dietitian review, prescribers in Primary Care will be advised of the most suitable product to initiate. A care plan including details of course length and/or review will also be supplied.

Cyclogest® (progesterone pessaries) for prevention of preterm labour – Red

Cyclogest remains red on the formulary for the prevention of preterm labour. Patients are required to have confirmation of a viable intrauterine pregnancy prior to initiation. To avoid delays in therapy, medication will be supplied by secondary care via the single point of access midwife service.

Safinamide for management of Parkinson's disease – SpIS

Safinamide has been added to the formularies as a second line MAOB (Monoamine oxidase B inhibitor) where first line MAOB are ineffective or are not tolerated. Patients will remain under the care of the Parkinson's Disease nursing teams. There is no specific monitoring however, it is contraindicated (as per the BNF) in patients with [ocular issues](#).

Ketamine oral solution for pain relief in end of life care - Red

Ketamine remains red on the formularies for use in the palliative care setting where an opioid sparing effect is desirable. It is useful for neuropathic, inflammatory, ischaemic limb-related, or procedure-related pain when other treatments have failed.

Tavistock SCGs for transmen and transwomen

The 2025 update to these two shared care guidelines (SCGs) were ratified. There have been several amendments including enhanced clarification of the roles of the gender specialists and the role of the GP, inclusion of non-binary clients (as they may elect to take lower doses of hormones, and this will be clarified in communication with the GP) and the inclusion of a shared care agreement letter (to be completed by the GP) (NB This is different to our normal shared care practice).

Shampoos and scalp preparations for psoriasis of the scalp and seborrhoeic dermatitis formulary review

Updated recommendations include the promotion of self-care for milder psoriasis or seborrhoeic dermatitis where ongoing medical review is not required.

Treatment of children and young people with psoriasis should be undertaken in conjunction with input from a specialist.

All patients should be counselled to request a review if treatment response is poor, symptoms worsen or there are signs of infection.

Ferric maltol for iron deficiency anaemia in adults – Red

Ferric maltol has been added to the Bedfordshire and Luton Formulary to align with Milton Keynes.

The product contains 30 mg of elemental iron and is intended to be used second line for iron deficiency anaemia in adults with mild to moderate IBD (inflammatory bowel disease) who have failed 2 oral ferrous products for consideration prior to administration of IV options.

Enolio (liothyronine 10mcg/ml oral solution) —SpIS

Enolio® is a cost-effective alternative option where liothyronine therapy is indicated, in line with [NHSE recommendations](#). It may be useful where a liquid preparation is preferred or where patients wish to avoid a particular excipient (the preparation is free from ethanol, gelatine, lactose, starch and sodium). It is also licensed for use via enteral feeding tubes.