

MEDICINES OPTIMISATION

Discontinuation of Novorapid Flextouch 100units/ml 3ml Pre-filled Pens

Novorapid Flextouch® 100units/ml 3ml Pre-filled Pens have been discontinued from March 2025. A [memo](#) was developed to support clinicians with the review of patients.

Actions:

- Identify patients on NovoRapid FlexTouch® 100units/ml 3ml pre-filled pens or generic insulin aspart 100 units/ml pre-filled pens and review SEL [memo](#) for actions to be taken

Discontinuation of Insulatard® (isophane insulin, human) Penfill® 100 units/ml suspension for injection 3ml cartridges

Insulatard® Penfill® 100 units/ml suspension for injection 3ml cartridges is being discontinued with stock exhausted by June. The recommended alternative is Humulin® I KwikPen® 100 units/ml 3ml pre-filled pens at the same dose (unless the patient is experiencing hypo- or hyperglycaemia).

Humulin® I KwikPen is available, however, this would be a switch from cartridge and reusable pen to a pre-filled pen, therefore training must be provided.

For patients unable to use Humulin® I KwikPen® with no carers to support administration, or where Humulin® I KwikPen® is not suitable, clinicians should contact the local diabetes team.

Actions:

- Identify patients prescribed Insulatard® Penfill® 100 units/ml suspension for injection 3ml cartridges
- A face-to-face review is required to switch to an alternative product to ensure the patient can use the new device.

South East London Updated Vitamin D guidelines

Adult vitamin D guidelines

The [South East London Clinical Guideline for the Management of Vitamin D Insufficiency and Deficiency in ADULTS – Excluding CKD stage 4 and above](#) have been updated

Paediatric vitamin D guidelines

The [South East London clinical guidance for the management of vitamin D deficiency and insufficiency in infants, children and young people up to the age of 18 years](#) have been updated.

Refer to the [SEL Paediatric Formulary](#) for doses in neonates.

Cost-effective prescribing

Perindopril

Perindopril arginine and perindopril erbumine are both commercially available products, however, the arginine salt has no clinical benefit, no difference in safety profile and is more expensive than perindopril erbumine, therefore the preferred choice is generic perindopril erbumine.

Actions:

- Commence new patients on generic perindopril erbumine.
- Review all patients prescribed perindopril arginine or any branded Coversyl® products for suitability for switching to generic perindopril erbumine
- Switch all suitable patients to generic perindopril erbumine.

Recommended dose equivalence (**once daily dosing**):

Current Treatment	Switch to
Perindopril arginine (Coversyl®) 2.5mg	Perindopril erbumine 2mg
Perindopril arginine (Coversyl®) 5mg	Perindopril erbumine 4mg
Perindopril arginine (Coversyl®) 10mg	Perindopril erbumine 8mg

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Rivaroxaban

Rivaroxaban (once daily) and apixaban (twice daily) are the best value DOACs recommended for use in Southeast London.

However, rivaroxaban capsules are significantly more expensive than rivaroxaban tablets

Actions:

- Prescribe rivaroxaban as generic rivaroxaban tablets
- Commence new patients on generic rivaroxaban tablets
- Review all patients prescribed capsules for suitability for switching to tablets

Recommended switches

Current Treatment	Switch to
Rivaroxaban 10mg capsules	Generic rivaroxaban 10mg tablets
Rivaroxaban 15mg capsules	Generic rivaroxaban 15mg tablets
Rivaroxaban 20mg capsules	Generic rivaroxaban 20mg tablets

NEW Greenwich Pharmacy First Plus (April – October 2025)

Greenwich Medicines Optimisation Team and Community Pharmacies are working in collaboration to improve accessibility and support vulnerable patients in accessing medicines. Practices can create an EMIS Local Services referral for the common 26 selected minor ailments from April to October 2025, where socially vulnerable patients will be provided with professional health care advice and where clinically appropriate, over the counter medicines and vitamin D supplements free of charge from participating Greenwich pharmacies.

- For more information on the 26 minor ailments and patient criteria covered under the scheme, click [here](#);
- For a current list of Greenwich community pharmacies participating to provide the scheme, click [here](#);
- For more information on all Pharmacy First Services available in Greenwich, click [here](#);
- Pharmacy contractors who have not signed up to provide the scheme yet, can do so via an [agreement form](#)

Medicines Safety

Fraudulent Prescription in South East London

A pharmacy in Bromley was presented with a fraudulent private prescription for 56 x Zolpidem 10mg tablets.

The pharmacy has reported this to NHS England as per Guidance for Lost/Stolen/Fraudulent Prescriptions (see **Attachment 1**) and an alert was sent to all London pharmacies to raise.

Management of anaphylaxis and adrenaline

Guidance from the [Resuscitation Council UK](#) emphasises early treatment with intramuscular adrenaline.

Standard anaphylaxis kits now contain only adrenaline for intramuscular injection and dosing for patients of all ages.

Antihistamines have no role in treating the respiratory or cardiovascular symptoms of anaphylaxis.

The use of corticosteroids (such as hydrocortisone) is restricted to the treatment of refractory reactions or ongoing asthma or shock, after initial treatment with IM adrenaline.

Actions:

- Access the [Emergency treatment of anaphylactic reactions: Guidelines for healthcare providers](#) and the [Anaphylaxis guidance for vaccination settings](#) and disseminate information to all relevant clinical staff
- View the [FAQs: Anaphylaxis](#) section for further information

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Medicines Supply Issues

Serious Shortage Protocols (SSPs)

If the Department of Health and Social Care (DHSC) decide there is a serious shortage of a specific medicine, then an SSP may be issued. The following SSPs have been issued for:

- [Estradot® \(estradiol\) 100micrograms/24 hours transdermal patch](#) – 19 December 2024 to 2 May 2025
- [Estradot® \(estradiol\) 75micrograms/24 hours transdermal patch](#) – 19 December 2024 to 2 May 2025
- [Estradot® \(estradiol\) 50micrograms/24 hours transdermal patch](#) – 19 December 2024 – 2 May 2025
- [Estradot® \(estradiol\) 25microgram/24 hours transdermal patch](#) – 3 April 2025 to 2 May 2025
- [Cefalexin 125mg/5ml oral suspension sugar free](#) – 10 December 2024 to 2 May 2025
- [Creon 25000 gastro resistant capsules](#) where supplies are available, but the prescription is for more than 1 month's supply - 24 May 2024 to 23 May 2025
- [Creon® 1000 gastro resistant capsules](#) where supplies are available, but the prescription is for more than 1 month's supply - 24 May 2024 to 23 May 2025

Medicines Shortages: Medicine Supply Notification (MSN)

The contents of MSNs can be viewed on the [Medicines Supply Tool](#). To access the tool you will be required to register with the SPS. MSNs have been issued for the following:

- Tier 2 MSN for Fentanyl (Durogesic® DTrans®) patches
 - Tier 2 MSN for Galantamine 8mg/16mg/24mg M/R capsules
 - Tier 2 MSN for Triamcinolone acetonide 10mg/ml (Adcortyl® amps) and 40mg/ml (Kenalog® vials) suspension for injection
 - Tier 2 MSN for Diltiazem (Angitil® SR) 90mg M/R capsules
 - Tier 2 MSN for Estradiol (Estradot®) transdermal patches
- [SEL IMOC - Shortages](#) produces supporting information for primary care to manage significant medicines shortages.

Class 2 Medicines Recall - Lercanidipine 20mg Tablet

Recordati Pharmaceuticals Ltd has informed the MHRA of an error in the strength of the product printed on lercanidipine 20mg Tablets (Batch number MD4L07, expiry 01/2028). The packs are incorrectly labelled as 10mg when they are 20mg tablets. For further information, please see link [here](#).

PrescQIPP Updates

Bulletins

[Bulletin 366. Medicines adherence and waste](#) - These resources focus on tackling medicines adherence and waste locally.

[Bulletin 364. Opioid patches](#) – This focuses on cost-effectiveness, safe and appropriate prescribing of opioid patches.

e-Learning courses

A list of free eLearning courses purchased by SEL are available:

Flyer	Access Code
Anticholinergic burden	88414f03440c31550e74053a9d6b1393
Anticoagulation	660d5c862794be2f92007cb99f031116
Dependence Forming Medications	d1086d783a67999ae85f4dbb4f5a1bc0
Diabetes	0db6a9f4721d4ca716fe5c17097cd141
Polypharmacy and deprescribing	31a7dd1722a5626e20f3a4b1c175c9e8
Practice Medicines Co-ordinators	5399e896094976a40d03067b0e57f6c9
Pain	738b85c4a83a84b7e7bc3762d1c77ac6

- If you do not already have an account, register on the [PrescQIPP e-learning platform](#).
- Select 'ICS - South East London' when registering.
- Log into the [PrescQIPP e-learning platform](#).
- Find the course and select 'Access course' then enter the relevant access code.

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Specialist Pharmacy Service (SPS)

To access SPS publications, please register or login [here](#).

New guidance

For new guidance published in March please see [Spotlight, March 2025 – SPS - Specialist Pharmacy Service – The first stop for professional medicines advice](#)

Webinars

- **What's new in medicines mechanisms and governance PGDs** – [Register here](#) for the webinar on **13 May 2025 1-2pm**. An update for those involved in medicines governance including managing PGDs and other medicine mechanisms in practice

MHRA Drug Safety Update April 2025

- [Fezolinetant▼\(Veoza\): risk of liver injury; new recommendations to minimise risk](#) - Fezolinetant is associated with a risk of drug induced liver disease. New recommendations have been introduced to minimise this risk. Liver function should be monitored before and during treatment in all patients and should be avoided in patients with known liver disease or at a higher risk of liver disease.

New and Updated NICE Guidelines

- [NICE Technology Appraisal 1056 \[TA1056\] - Molnupiravir for treating COVID-19](#)
- [NICE Technology Appraisal 1057 \[TA1057\] – Relugolix-estradiol-norethisterone \(Ryeqo®\) for treating symptoms of endometriosis](#)
- [NICE Guideline \[NG101\] – Early and locally advances breast cancer: diagnosis and management updated](#)
- [NICE guideline \[NG12\] – Suspected cancer: recognition and referral updated](#)

BNF Update

Significant changes

- [Apixaban](#) - update to structure of dosing for prophylaxis of stroke and systemic embolism in non-valvular atrial fibrillation and at least one risk factor.
- [Bempedoic acid](#) - new indication and dose for established or at high-risk of atherosclerotic cardiovascular disease.
- [Cardiovascular disease risk assessment and prevention](#) - updated guidance.
- [GLP-1 and dual GIP/GLP-1 receptor agonists](#) - potential risk of pulmonary aspiration during general anaesthesia or deep sedation [MHRA/CHM advice] – see [liraglutide](#)
- [Immunisation schedule](#) - updated guidance for immunisation against diphtheria, tetanus, pertussis and poliomyelitis in children aged 3 years and 4 months.
- [Naltrexone](#) - new indication and dose for gambling-related harm
- [Sodium valproate](#) and [Valproic acid](#) - new advice for male patients already taking sodium valproate / valproic acid

Dose Changes:

- [Ferrous fumarate](#) – updated dosing for iron-deficiency anaemia using oral solution
- [Sodium feredetate](#) – updated dosing for iron-deficiency anaemia using oral solution

Contact Details

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Appendix 1 - NEWSLETTER EXTENSION

SOUTH EAST LONDON INTEGRATED MEDICINES OPTIMISATION (SEL IMOC) UPDATE

Please see the [South East London Joint Medicines Formulary](#) for the relevant formulary updates and further information.

New

- The SEL Joint Medicines Formulary has been updated to include the following medications:
 - [Olopatadine 0.1% eye drops \(off-label\)](#) as **AMBER 2** for the management of ocular side effects resulting from biologic treatments for atopic dermatitis
 - [Stiripentol](#) as **AMBER 2** for the adjunctive therapy of refractory generalised tonic-clonic seizures in adults with Dravet's syndrome
 - [Pylera®](#) (bismuth 140mg/metronidazole 125mg/tetracycline 125mg) as **GREEN** for the treatment and relapse prevention of H.pylori. Please refer to the [SEL Primary Care Antimicrobial guidelines](#) (registration required) for further information
- Formulary inclusion of brivaracetam tablets and oral solution as **AMBER 2** and injection as **RED** for the adjunctive treatment of seizures in paediatrics. Please refer to the [SEL paediatric formulary](#) (registration required) and [formulary recommendation 050](#)
- [Formulary recommendation 157](#) - Melatonin immediate release tablets (Adaflex®) for managing insomnia in children and adolescents with attention deficit hyperactivity disorder (ADHD), has been approved as **AMBER 2** in line with the [guidance for prescribing melatonin for sleep disorders in paediatrics](#)
- [Formulary recommendation 158](#) - Actikerall® cutaneous solution for the topical management of recalcitrant warts in adults and children aged 5 years old and over has been approved as **AMBER 1**. Please refer to the [Primary Care Dermatology guideline](#).
- [Formulary recommendation 159](#) - Betesil® medicated plasters and fludroxycortide 4 microgram/cm² tape for the management of symptomatic hypertrophic or keloid scars in adults has been approved as **AMBER 1**. See [Primary Care Dermatology guideline](#).

Updated

- The [guidance for prescribing melatonin for sleep disorders in paediatrics](#) has been updated; main updates include:
 - the re-categorisation of melatonin in this setting from **AMBER 3** to **AMBER 2**. [Formulary recommendation 118](#) melatonin 1mg and 5mg prolonged release tablets (Slenyto®) for managing insomnia in children and adolescents with Autism Spectrum Disorder (ASD) and/or Smith-Magenis syndrome, has been updated.
 - The addition of immediate release melatonin (Adaflex®) for managing insomnia in children and adolescents with ADHD
 - Considerations for switching between melatonin preparations and specialist responsibilities in relation to treatment initiation and treatment breaks.
- The [primary care dermatology guideline](#) has been updated; main updates include:
 - Re-categorisation of spironolactone for the management of hormonal acne in women from **AMBER 2** to **AMBER 1**
 - New keloid and hypertrophic scars pathway, including the use of Betesil® medicated plasters and fludroxycortide 4microgram/cm² tape for the management of symptomatic hypertrophic or keloid scars in adults
 - Updated viral warts pathway, including the use of Actikerall® cutaneous solution for the management of recalcitrant warts in adults and children
- The [atopic dermatitis](#) pathway has been updated; updates include the addition of lebrikizumab for the management of atopic dermatitis in line with [NICE TA 986](#) and an updated pathway on the management of ocular side effects resulting from biologic treatment with interleukin-4 (IL-4) inhibitors.
- The [urticaria treatment pathway, outcomes and monitoring framework](#) and associated GP information sheets for [danazol](#), [doxepin](#) and [naltrexone](#) have been updated. The main update relates to the off-label dose escalation and optimisation of omalizumab in patients over 12 years old for the management of chronic spontaneous urticaria.
- The [COPD guideline including the inhaler pathway](#) has been updated; updates include a modified inhaler pathway reflecting the Global Initiative for Obstructive Lung Disease recommendations and the inclusion of wider COPD interventions such as diagnosis, spirometry, tobacco dependence and exacerbation management.
- The following oral anti-seizure medicines for use in adults has been re-categorised or formally categorised as **AMBER 2** in line with current practice, please refer to the [SEL Joint Medicines Formulary](#) for further information:
 - Lacosamide, perampanel, tiagabine and zonisamide re-categorised from **AMBER 3** to **AMBER 2**
 - Phenobarbital and primidone formally categorised as **AMBER 2**
- The following oral anti-seizure medicines for use in paediatrics has been re-categorised to **AMBER 2** in line with current practice, please refer to the [SEL paediatric formulary](#) (registration required) for further information:
 - Clobazam, levetiracetam, phenytoin, topiramate re-categorised from **GREEN** to **AMBER 2**
 - Lacosamide and perampanel re-categorised from **AMBER 3** to **AMBER 2**
- [Formulary recommendation 050](#) – Brivaracetam for the adjunctive treatment of seizures in adults, children & young people with epilepsy has been updated to include paediatrics and a change from 6-month supply upon specialist initiation to an initial supply upon specialist initiation
- Due to vitamin D supply distributions, the [SEL adult vitamin D guideline](#) has been updated on availability of vitamin D preparations.
- The [self-monitoring of blood glucose adult guideline](#) has been updated. Updates include acknowledgment of which blood glucose and/or ketone meters and strips are equally recommended and the number of strips to be supplied
- The [Inflammatory Bowel Disease treatment pathways](#) and [outcomes and monitoring framework](#) has been updated; main updates include the addition of the following NICE TA approved treatment options:
 - [NICE TA 956](#) - Estrasimod for management of moderately to severely active ulcerative colitis (UC) in people over the age of 16
 - [NICE TA 998](#) - Risankizumab for the management of moderately to severely active UC
 - [NICE TA 925](#) - Mirikizumab for the management of moderately to severely active UC