

**Cambridgeshire Community Pharmacy
Minor Ailments Service Formulary
February 2009**

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All formulary products are listed generically. The reimbursement price will be the Drug Tariff price where available. Where an OTC product is not available the reimbursement price will be based on the cheapest brand listed in the Drug Tariff for this formulation. This will be reviewed during the year.

Constipation

NB Dietary advice should always be given

Bulk Forming Laxative ***Reimbursement price***

Ispaghula husk 3.5g	30	Tariff
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Ensure adequate fluid intake. Not to be taken immediately before going to bed

Stimulant laxatives ***Reimbursement price***

Senna tablets	20	Senokot
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Glycerin suppositories 4g	12	Tariff
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Osmotic laxatives ***Reimbursement price***

Lactulose solution	500ml	Tariff
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Ensure adequate fluid intake

Paediatric Constipation

The use of laxatives in children should be discouraged unless recommended by a doctor

Reimbursement price

Lactulose solution	300ml	Tariff
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Ensure adequate fluid intake

When to refer to a GP

Persistent change in bowel habit
Presence of abdominal pain, vomiting, bloating
Blood in stools
Undiagnosed alternating constipation and diarrhoea
Prescribed medication suspected of causing symptoms
Failure of OTC medication (no relief of symptoms within 7 days)

Diarrhoea

Anti-motility drugs

Adults and children over 12
Loperamide 2mg

18

Reimbursement price

Imodium

Oral rehydration therapy

Oral rehydration sachets

6

Reimbursement price

Dioralyte

Paediatric – Diarrhoea

Oral rehydration sachets

6

Reimbursement price

Dioralyte

When to refer to a GP

Children < 1 year: diarrhoea of duration greater than 1 day

Children < 3 years: diarrhoea of duration greater than 2 days

Adults and children > 3 years: duration of diarrhoea greater than 3 days

In severe cases referral should be recommended immediately

Association with severe vomiting and fever

Suspected drug-induced reaction to prescribed medicine

History of change in bowel habit

Presence of blood or mucus in the stools

Travel History important - Diarrhoea acquired in Mediterranean or tropical countries

Indigestion

Antacid

Co-magaldrox SF suspension
195/220 per 5ml

500ml

Reimbursement price

Mucogel

Alginate

Peptac Liquid

500ml

Reimbursement price

Tariff

H2 Antagonist

Ranitidine 75mg

12 or 24

Reimbursement price

Gavilast

When to refer to a GP

Symptoms are persistent (longer than 5 days) or recurrent
Pain is severe or radiating
Difficulty in swallowing
Any GI bleeding -blood in vomit or stools
Pain worsens on effort
Persistent vomiting
Treatment has failed (no improvement in symptoms after 5 days)
Adverse drug reaction is suspected
Unintentional weight loss
Symptoms of anaemia
Over 55's with recent onset dyspepsia
Children

Hay Fever

Antihistamines

		<i>Reimbursement price</i>
Cetirizine 10mg tabs	30	Tariff
Cetirizine 1mg/ml SF oral solution	200ml	Tariff
Chlorphenamine 4mg tabs	28	Tariff
Chlorphenamine syrup 2mg/5ml	150ml	Tariff

Eye drops

		<i>Reimbursement price</i>
Sodium cromoglycate 2% eye drops	10ml	Opticrom

Drugs used in nasal allergy

		<i>Reimbursement price</i>
Beclometasone 50mcg nasal spray (for adults aged 18 and over)	200 dose	Pollenase

When to refer to a GP

Wheezing or shortness of breath
Persisting painful ear or sinuses
Failed medication (no improvement in symptoms after 10 days)
Children under 2 – Confirm diagnosis

Sore Throat

Analgesics

Reimbursement price

Paracetamol 500mg tabs	32	Tariff
Paracetamol 500mg Caps	32	Tariff
Paracetamol 500mg soluble tabs	24	Panadol
Ibuprofen 200mg tabs	24	Cuprofen

Paediatric - Sore Throat

Reimbursement price

Paracetamol susp 120mg/5ml SF	150ml	Tariff
Paracetamol susp 250mg/5ml SF	200ml	Tariff
Ibuprofen susp 100mg/5ml SF	100ml	Tariff

When to refer to a GP

Sore throat lasting a week or more
Recurrent bouts of infection
Hoarseness of more than 3 weeks duration
Difficulty in swallowing

Patients with three Centor criteria:

- * Tonsillar exudate
- * Tender anterior cervical lymphadenopathy or lymphadenitis
- * History of fever
- * Absence of cough

Patients on immunosuppressants/oral steroids

Patients on interacting drugs

No improvement in symptoms after 7 days

systemically unwell,
immunosuppressed,
co-morbidity (heart/lung/kidney etc)

Cough

Cough suppressants

Pholcodine Linctus 5mg/5ml

200ml

Reimbursement price

Tariff

Demulcent cough preparations

Simple Linctus

200ml

Reimbursement price

Tariff

Paediatric – Cough

Simple Paediatric Linctus

200ml

Reimbursement price

Tariff

When to refer to a GP

Cough lasting two weeks or more
Sputum yellow, green, rusty or blood stained
Chest pain
Rapid Heart beat
Shortness of breath
Wheezing
Whooping cough or croup
Recurrent nocturnal cough
Suspected adverse drug reaction (e.g. ACE inhibitors)
Over 75 with fever
COPD/Heart failure/ insulin dependent

Nasal Congestion

Topical nasal decongestants

Reimbursement price

Ephedrine 0.5% nasal drops	10ml	Tariff
Sodium chloride 0.9% nasal drops	10ml	Nasosal

Paediatric - Nasal Congestion

Reimbursement price

Ephedrine 0.5% nasal drops (>2 years)	10ml	Tariff
Sodium chloride 0.9% nasal drops	10ml	Nasosal

When to refer to a GP

High temperature /severe malaise
Children and elderly with severe colds
Brown or pus loaded sputum
Worsening colds lasting > 2 weeks & with persistent fever
Severe facial pain (sinusitis)
Bloodstained sputum
Rapid heartbeat
Chest pain
Severely unwell
Over 75 with fever
COPD/Heart failure/ insulin dependent

Headache / Earache / Temperature

Analgesics

		Reimbursement price
Paracetamol 500mg tablets	32	Tariff
Paracetamol 500mg soluble tablets	24	Panadol
Co-codamol 8/500 tablets	32	Tariff
Co-codamol 8/500 effervescent tabs	24	Paracodol
Ibuprofen 200mg tablets	24 or 48	Cuprofen

Paediatric - Headache/Earache/Temperature

		Reimbursement price
Paracetamol SF susp 120mg/5ml	140ml	Tariff
Paracetamol SF susp 250mg/5ml	100ml	Tariff
Ibuprofen susp 100mg/5ml	100ml	Tariff

When to refer to a GP

Headache in children under 12 years old
Child with discharge from ear
Child under 2 with bilateral otitis
Headache associated with injury/trauma
Severe headache of more than 4 hours duration
Suspected adverse drug reaction
Severe occipital headache (across the back of the head)
Headache, which is worse in the morning, then improves
Associated drowsiness, visual disturbances or vomiting
Neck stiffness
Earache lasting more than 48 hours
Fever lasting more than 24 hours in a child with no other symptoms
No improvement in symptoms after 5 days
Bloodstained sputum
Rapid heartbeat
Chest pain
Severely unwell
Over 75 with fever
COPD/Heart failure/ insulin dependent

Bacterial Conjunctivitis

Reimbursement price

Chloramphenicol eye drops 0.5% OTC 10ml Galpharm Vision

Many infections are viral and most bacterial infections resolve within seven days without treatment. For most people use of topical antibiotic makes little difference to recovery and up to 10% of people will have an adverse reaction. So only treat immediately if severe – consider seven-day delay.

When to refer to a GP

Children under 2 years of age

Cold Sores

Antiviral cream

Reimbursement price

Aciclovir cream 5% 2g Soraway

When to refer to a GP

Cold sores occurring other than on the lips
Patients taking immunosuppressant drugs
Children under two
Patients with eczema
Cold sores persisting for more than two weeks
Painless lesions

Fungal Skin Infections

First line

Terbinafine 1% cream

15g

Reimbursement price

Tariff

Second line

Clotrimazole 1%cream

20g

Reimbursement price

Tariff

When to refer to a GP

Patients who are pregnant or breastfeeding
Signs of concurrent bacterial infection
Too widespread for topical treatment
Patients whose immune system might be impaired

Oral Candidiasis (Thrush)

Miconazole 2% oral Gel

15g

Reimbursement price

Tariff

Adults and children over 4 months

When to refer to a GP

Patients who are pregnant or breastfeeding
Signs of concurrent bacterial infection
Patients whose immune system might be impaired
Hepatic impairment
Impaired swallowing reflex in infants
Failure to respond to 1-2 weeks of treatment
Persistent infection – may be caused by reinfection from genito-urinary or gastro-intestinal tract

Vaginal Candidiasis (Thrush)

<i>Anti-infective drugs</i>		<i>Reimbursement price</i>
Clotrimazole 500mg pessary+clotrimazole 2% cream combined pack	1 pack	Tariff
Clotrimazole vaginal tablet 500mg	1	Tariff
Clotrimazole vaginal cream 10%	5g	Tariff
Fluconazole 150mg x1	1	Tariff

Fluconazole is for use only when previous episodes have been unsuccessfully treated with topical preparations.

When to refer to a GP

Recurrent infection (more than 2 episodes in the previous 6 months)
Treatment failure
Pregnancy
Diabetes
Patients aged under 16 or over 60
Patients suffering with an infection for the first time
Abnormal bleeding or bloodstained discharge

Nappy Rash

Standard preparations

Zinc and Castor oil ointment 500g

Reimbursement price

Tariff

If signs of fungal infection present

Clotrimazole 1% cream 20g

Tariff

NB - Recommend air exposure of the affected area. Once rash cleared up, advise use of a water repellent product such as white soft paraffin at each nappy change.

When to refer to a GP

Extensive rash with signs of bacterial infection
Generalised eczema

Thread worm

Reimbursement price

For Adults and children over two:

Mebendazole tablets 100mg

Ovex

1 for infected patients plus 1 tablet each for family members. Consider use of liquid formulation – use where more cost effective. Advise patients to return for second dose if unsuccessful.

Mebendazole liquid 100mg/5ml

Ovex

30ml (contains 6 doses)

Children under two:

Piperazine 4g/Senna 15.3mg Sachets SF

Tariff

Children over three months –follow directions in BNF. Two doses required - fourteen days apart

When to refer to a GP

Children under 3 months
Children under 2 with epilepsy, or liver or kidney disease
Pregnant or breast feeding women
Apparent failure of treatment after 2 doses 14 days apart

Head Lice

Treat only patients who are proven to be infested with live head lice.

Reimbursement price

Hedrin (Dimeticone 4%) 50ml or 150ml

Tariff

When to refer to a GP

Children under the age of 6 months
Failure of treatment after correct use of product (i.e. two applications 7 days apart)