

Medicine for the Elderly Specialist formulary list







****Other indications for particular drugs may be included on completion of further specialist lists****





For information on use of unlicensed medicines or medicines used 'off-label' - [click here](#)

The following medicines are approved for prescribing by or on the recommendation of a Medicine for the Elderly specialist (except botulinum toxin type A, which is only prescribed by Centre for Brain Injury Rehabilitation (CBIR) specialists – see below)



In the event of a broken link please forward details to carol.walkinshaw@nhs.scot

Please include the location and full title of the link

MEDICINE	SUMMARY OF RESTRICTED INDICATION	CATEGORY	PROTOCOL
Fludrocortisone acetate (unlicensed use 'off-label')	Orthostatic (postural) hypotension only after interventions as per guidance notes.	 Amber	Orthostatic Hypotension Guidance Notes See NICE NG71: Parkinson's disease in adults, July 2017
Midodrine	Orthostatic (postural) hypotension only after interventions as per guidance notes.	 Amber	Orthostatic Hypotension Guidance Notes
Zoledronic acid annual intravenous infusion	2nd line option for osteoporosis if oral bisphosphonate therapy not tolerated or not appropriate.	 Red	NHS Tayside: The management of osteoporosis and the prevention of fragility fractures based on SIGN 142
Denosumab subcutaneous injection (Prolia [®]) every 6 months	Postmenopausal osteoporosis. 2 nd line option. Restricted to patients with a bone mineral density (BMD) T-score < -2.5 and \geq -4.0 for whom oral bisphosphonates are unsuitable due to contraindication, intolerance or inability to comply with administration instructions. See also protocol.	 Amber	Local protocol NHS Tayside: The management of osteoporosis and the prevention of fragility fractures based on SIGN 142
Raloxifene hydrochloride tablets	Prevention of vertebral fractures in postmenopausal women when other treatments are contraindicated or unsuitable.	 Amber	
Iron sucrose (Venofer [®] ▼)	Treatment of iron deficiency when oral iron preparations are ineffective or cannot be used. First choice parenteral iron preparation.	 Red	

Ferric carboxymaltose (Ferinject)	Second choice parenteral iron preparation. Restricted to administration by intravenous infusion.	 Red	May be used on advice of Renal specialists or where administration is required as a total dose infusion to ensure full dosage received (e.g. out- patient clinics, in-patients when short expected length of stay).
Tizanidine	Treatment of spasticity associated with stroke (unlicensed use 'off-label').	 Amber	See National Clinical Guideline for Stroke, 2023 edition . Note that significant drug interactions are possible with both Baclofen and Tizanidine - see BNF & SPC for further information.
Botulinum toxin type A (Botox [®])	Focal spasticity, including the treatment of wrist and hand disability due to upper limb spasticity associated with stroke in adults. SMC not recommended for focal lower limb spasticity.	 Red	Only prescribed by and administered by the consultant from the Centre for Brain Injury Rehabilitation See National Clinical Guideline for Stroke 2023 edition
Lidocaine medicated plasters	2nd or 3rd line agent for post- herpetic neuralgia or localised neuropathic pain where standard treatment not effective or not tolerated [off-label].	 Amber	Tayside Protocol for Lidocaine 5% Medicated Plaster in Neuropathic Pain (NHS Tayside Staffnet intranet link only) Lidocaine Plaster Monitoring Sheet NHS Tayside Pain Management Guidelines book (NHS Tayside Staffnet intranet link only)

Traffic light status information

 Red	May be prescribed by Hospital Specialists only
 Amber	May be prescribed in General Practice under the direction of a Specialist

See the national [Polypharmacy: Manage Medicines app](#) for healthcare professionals and patients and carers for further information on prescribing and medication review in older people (specific guidance for older people can be found under hot topics for healthcare professionals).