NHS Tayside Area Drug and Therapeutics Committee

Medicines recommended within the Tayside Area Prescribing Guide (TAPG)

Version 4 – March 2010
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Appendix 1: Approximate Equivalent Opioid Doses | 25 |
Introduction

This pocket guide is designed to be a handy compact reference and includes the names of medicines recommended within the Tayside Area Prescribing Guide (TAPG). Where appropriate, medicines recommended as first choice are shaded in lilac and those recommended for use in particular circumstances are in italics. First choice medicines are chosen on the grounds of efficacy, safety and cost-effectiveness and represent the best evidence-based and cost-effective choice for the majority of patients with a particular condition. Users should refer to the full document and the BNF for further detail and more specific information. This pocket guide is updated annually.

The most up to date version of the TAPG is maintained in electronic form and can be accessed on the NHS Tayside Homepage- third from left on the main menu bar or at:
http://www.nhstaysideadtc.scot.nhs.uk/approved/formular/formular.htm

For enquiries contact: kharkness@nhs.net or clairejames@nhs.net
Tel: 01382 660111 ext 34374

Key

Drug name shaded lilac : recommended first choice medicine
Drug name in italics: recommended only in particular circumstances (see full TAPG)
### 1: Gastro-Intestinal System

#### 1.1 Dyspepsia and GORD
- Co-magaldrox
- Peptac®
- Gaviscon® Advance

#### 1.2 Antispasmodics and other drugs affecting motility
**Antispasmodics:**
- Mebeverine

**Motility Stimulants:**
- Metoclopramide
- Domperidone

#### 1.3 Ulcer Healing Drugs
**H₂ Antagonists:**
- Ranitidine

**Proton pump inhibitors:**
- Omeprazole
- Lansoprazole

#### 1.4 Anti diarrhoeal drugs
- Loperamide
- Codeine Phosphate

#### 1.5 Treatment of inflammatory bowel disease
**Aminosalicylates (5-ASA) preparations:**

#### 1.6 Laxatives
**Bulk forming laxatives:**
- Ispaghula Husk

**Osmotic laxatives:**
- Magnesium Hydroxide

**Stimulant laxatives:**
- Senna
- Docusate Sodium

---

**Oral Treatments**
- Mesalazine (Mesren®MR) (Asacol®MR) (Pentasa®)
- Mezavant® XL
- Balsalazide

**Topical Treatments**
- Mesalazine (Pentasa® enema, suppositories)
- Topical Hydrocortisone
- Budesonide (Entocort®)
- Prednisolone

**Corticosteroids:**
- Prednisolone
**Locally administered laxatives:**

- Glycerol
- Sodium Citrate
- Arachis Oil

1.7 Preparations for haemorrhoids

**Soothing preparations:**

- Anusol®

**Compound preparations:**

- Anusol HC®
- Xyloproct®
## 2: Cardiovascular System

### 2.1 Cardiac glycosides

<table>
<thead>
<tr>
<th>Drug</th>
</tr>
</thead>
<tbody>
<tr>
<td>Digoxin</td>
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</tbody>
</table>

### 2.2 Diuretics

#### Thiazide diuretics:

<table>
<thead>
<tr>
<th>Drug</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bendroflumethiazide</td>
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</table>

#### Loop diuretics:

<table>
<thead>
<tr>
<th>Drug</th>
</tr>
</thead>
<tbody>
<tr>
<td>Furosemide</td>
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</table>

#### Potassium sparing diuretics:

<table>
<thead>
<tr>
<th>Drug</th>
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<tbody>
<tr>
<td>Spironolactone</td>
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<table>
<thead>
<tr>
<th>Drug</th>
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</thead>
<tbody>
<tr>
<td>Eplerenone</td>
</tr>
<tr>
<td>Amiloride</td>
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</tbody>
</table>

### 2.3 Anti-arrhythmics

Specialist cardiological guidance

### 2.4 Beta-blockers

<table>
<thead>
<tr>
<th>Drug</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bisoprolol</td>
</tr>
<tr>
<td>Atenolol</td>
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<tr>
<td>Carvedilol</td>
</tr>
<tr>
<td>Propranolol</td>
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</tbody>
</table>

### 2.5 Drugs affecting the renin-angiotensin system

#### Alpha-adrenoceptor blocking drugs:

<table>
<thead>
<tr>
<th>Drug</th>
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<tbody>
<tr>
<td>Doxazosin</td>
</tr>
</tbody>
</table>

#### ACE inhibitors:

<table>
<thead>
<tr>
<th>Drug</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lisinopril</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Drug</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ramipril</td>
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</table>

<table>
<thead>
<tr>
<th>Drug</th>
</tr>
</thead>
<tbody>
<tr>
<td>Perindopril</td>
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</table>

#### Angiotensin – II receptor antagonists:

<table>
<thead>
<tr>
<th>Drug</th>
</tr>
</thead>
<tbody>
<tr>
<td>Candesartan</td>
</tr>
</tbody>
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<table>
<thead>
<tr>
<th>Drug</th>
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<tbody>
<tr>
<td>Losartan</td>
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<table>
<thead>
<tr>
<th>Drug</th>
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</thead>
<tbody>
<tr>
<td>Irbesartan</td>
</tr>
<tr>
<td>Valsartan</td>
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</tbody>
</table>

### 2.6 Nitrates, calcium-channel blockers and potassium-channel activators

#### Nitrates:

<table>
<thead>
<tr>
<th>Drug</th>
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</thead>
<tbody>
<tr>
<td>Glyceryl trinitrate</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Drug</th>
</tr>
</thead>
<tbody>
<tr>
<td>Isosorbide mononitrate</td>
</tr>
</tbody>
</table>

#### Calcium-channel blockers:

<table>
<thead>
<tr>
<th>Drug</th>
</tr>
</thead>
<tbody>
<tr>
<td>Diltiazem</td>
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<table>
<thead>
<tr>
<th>Drug</th>
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</thead>
<tbody>
<tr>
<td>Verapamil</td>
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</tbody>
</table>

#### Dihydropyridine calcium-channel blockers:

<table>
<thead>
<tr>
<th>Drug</th>
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<tbody>
<tr>
<td>Amlodipine</td>
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<table>
<thead>
<tr>
<th>Drug</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nifedipine m/r preparations</td>
</tr>
</tbody>
</table>
### Potassium-channel activators:
- Nicorandil

### 2.8 Anticoagulants

#### Parenteral anticoagulants:
- Dalteparin

#### Oral anticoagulants:
- Warfarin

### 2.9 Antiplatelet drugs

- Aspirin
- Clopidogrel
- **P**rasugrel ▼
- Dipyridamole m/r

### 2.12 Lipid regulating drugs

#### Statins:
- Simvastatin 40mg
- Atorvastatin
- Rosuvastatin

#### Ezetimibe:
- Ezetimibe

#### Fibrates:
- Bezafibrate

#### Fish Oils:
- Omega-3 (Omacor®)
3: Respiratory System

3.1 Bronchodilators

**Beta-agonists**

<table>
<thead>
<tr>
<th>Short-acting:</th>
<th>Long-acting:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Salbutamol</td>
<td>Salmeterol</td>
</tr>
<tr>
<td>Terbutaline</td>
<td>Formoterol</td>
</tr>
</tbody>
</table>

**Antimuscarinic bronchodilators**

<table>
<thead>
<tr>
<th>Short-acting:</th>
<th>Long-acting:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ipratropium</td>
<td>Tiotropium</td>
</tr>
</tbody>
</table>

**Theophylline – prescribe by brand name:**

| Uniphyllin® |

3.2 Inhaled corticosteroids

<table>
<thead>
<tr>
<th>Beclometasone – prescribe by brand name (Qvar® or Clenil Modulite®)</th>
<th>Symbicort®</th>
</tr>
</thead>
<tbody>
<tr>
<td>Budesonide</td>
<td></td>
</tr>
<tr>
<td>Fluticasone</td>
<td></td>
</tr>
<tr>
<td>Ciclesonide</td>
<td></td>
</tr>
</tbody>
</table>

**Compound preparations:**

| Seretide® |

3.3 Cromoglicate related therapy and leukotriene receptor antagonists

**Cromoglicate and related therapy:**

| Sodium Cromoglicate |

3.4 Antihistamines and allergic emergencies

**Non-sedative antihistamines:**

<table>
<thead>
<tr>
<th>Cetirizine</th>
</tr>
</thead>
<tbody>
<tr>
<td>Loratadine</td>
</tr>
<tr>
<td>Fexofenadine</td>
</tr>
</tbody>
</table>

**Sedative antihistamines:**

| Chlorphenamine |
| Alimemazine |

**Allergic emergencies:**

| Adrenaline/Epinephrine |

3.7 Mucolytics

| Carbocisteine |

4: Central Nervous System

4.1 Hypnotics and anxiolytics

**Hypnotics:**
- Zopiclone
- Temazepam

**Anxiolytics:**
- Diazepam
- Lorazepam
- Propranolol

4.2 Drugs used in psychoses and related disorders

**Antipsychotics – Atypical antipsychotics**
- Amisulpride
- Quetiapine
- Risperidone
- Olanzapine
- Clozapine

**Typical antipsychotics:**
- Haloperidol
- Chlorpromazine

**Antimuscarinic drugs used for extra-pyramidal side effects:**
See 4.9.

4.3 Antidepressant drugs

**Selective serotonin re-uptake inhibitors (SSRIs):**
- Fluoxetine
- Citalopram
- Paroxetine
- Sertraline

**Tricyclic antidepressants:**
- Lofepramine

**Other antidepressants:**
- Mirtazapine

4.5 Anti-obesity drugs

Refer to Tayside Prescriber Issue 111 March 2010

4.6 Drugs used in nausea and vertigo

- Domperidone
- Metoclopramide
- Prochlorperazine
- Cyclizine
- Ondansetron

**For labyrinthine disorder:**
- Cinnarizine
- Betahistine

4.7 Drugs used in pain and headache

See full TAPG.
4.7 Analgesics

**Mild pain:**
- Paracetamol

**Mild to moderate pain:**
- Co-codamol 30/500
- Tramadol

**Moderate to severe pain:**
- Morphine
- Diamorphine

**Drugs for neuropathic pain:**
- Amitriptyline
- Gabapentin
- Pregabalin
- Carbamazepine

**Drugs for migraine:**

**Acute treatment**
- Mild to moderate migraine:
  - Paracetamol, aspirin or ibuprofen

**Moderate to severe migraine:**
- Sumatriptan
- Rizatriptan

**Prophylaxis**
- Propranolol
- See full TAPG for further options.

4.8 Antiepileptics

- Carbamazepine
- Sodium valproate
- Lamotrigine
- Phenytoin

**For status epilepticus:**
- Diazepam
- Lorazepam
- Phenytoin

4.9 Drugs used in Parkinsonism

- Co-beneldopa (Madopar®)
- Co-careldopa (Sinemet®)
- Selegiline

**Antimuscarinic drugs used for extra-pyramidal side effects:**
- Procyclidine
- Orphenadrine

4.10 Drugs used in the management of substance dependence

- Acamprosate
- Disulfiram

**Nicotine Replacement Products**
- Varenicline
- Methadone

4.11 Drugs for dementia

Patients in whom dementia is suspected should be referred by their GP to the local specialist for assessment.
Please refer to the Hospital Adult Antibiotic Policy contained in the TAPG for advice on choice and doses of antibiotics in common infections seen in the hospital setting. For advice on interactions and cautions with anti-infectives, please consult current BNF.

Guidance produced by the Health Protection Agency recommends the following:

- No prescribing of antibiotics for simple coughs and colds
- No prescribing of antibiotics for viral sore throats
- Limit prescribing for uncomplicated cystitis to three days in otherwise fit women
- Limit prescribing of antibiotics over the telephone to exceptional cases

**Urinary Tract Infections**

**Uncomplicated lower UTI (female)**
- **treatment**
  Trimethoprim or Nitrofurantoin
- **prophylaxis**
  Trimethoprim or Nitrofurantoin

**UTI (male)**
- **treatment**
  Trimethoprim

**Catheterised patient**
Co-amoxiclav or co-trimoxazole

**Pyelonephritis**
Co-amoxiclav or co-trimoxazole

**Upper Respiratory Tract Infections**

**Sinusitis**
Phenoxymethylpenicillin or doxycycline (if penicillin allergic)

**Tonsillitis**
Phenoxymethylpenicillin or erythromycin (if penicillin allergic)

**Oral thrush**
Nystatin

Fluconazole or itraconazole

**Otitis Media**
Amoxicillin or erythromycin (if penicillin allergic) or clarithromycin (if twice daily dosage required)

**Lower Respiratory Tract Infections**

**Community Acquired Pneumonia**
Amoxicillin or doxycycline (if penicillin allergic)

**Infective Exacerbations of COPD**
Amoxicillin or doxycycline (if penicillin allergic)
<table>
<thead>
<tr>
<th>Disease</th>
<th>Treatment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Skin infections</td>
<td></td>
</tr>
<tr>
<td>Animal bites</td>
<td>Co-amoxiclav or metronidazole + doxycycline (if penicillin allergic)</td>
</tr>
<tr>
<td>Cellulitis and Erysipelas</td>
<td>Flucloxacillin or doxycycline (if penicillin allergic)</td>
</tr>
<tr>
<td>Dermatophyte Infections (Ringworm)</td>
<td></td>
</tr>
<tr>
<td>-skin</td>
<td>Terbinafine</td>
</tr>
<tr>
<td>-nail</td>
<td>Terbinafine (oral)</td>
</tr>
<tr>
<td>Impetigo</td>
<td>Fusidic acid (topical)</td>
</tr>
<tr>
<td>If widespread; oral fluocloxacillin or clindamycin</td>
<td></td>
</tr>
<tr>
<td>MRSA cellulitis</td>
<td>Doxycycline</td>
</tr>
<tr>
<td></td>
<td>Trimethoprim + rifampicin</td>
</tr>
<tr>
<td>Parasitic Infections</td>
<td></td>
</tr>
<tr>
<td>Threadworm</td>
<td>Mebendazole</td>
</tr>
<tr>
<td>Scabies</td>
<td></td>
</tr>
<tr>
<td>Permethrin</td>
<td></td>
</tr>
<tr>
<td>Head Lice</td>
<td>Dimeticone 4%</td>
</tr>
<tr>
<td></td>
<td>Malathion</td>
</tr>
<tr>
<td>Crab Lice</td>
<td></td>
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<tr>
<td>Ophthalmic infections</td>
<td></td>
</tr>
<tr>
<td>Conjunctivitis</td>
<td>Chloramphenicol</td>
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<tr>
<td>Dental Infections</td>
<td></td>
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<tr>
<td>Dental Abscess</td>
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<tr>
<td>MRSA cellulitis</td>
<td>Doxycycline</td>
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<tr>
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<tr>
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<td>Dermatophyte Infections (Ringworm)</td>
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<td>-skin</td>
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<td>MRSA cellulitis</td>
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<td>Threadworm</td>
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<td>Permethrin</td>
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<td>Dermatophyte Infections (Ringworm)</td>
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<td>-skin</td>
<td>Terbinafine</td>
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<td>-nail</td>
<td>Terbinafine (oral)</td>
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<tr>
<td>Impetigo</td>
<td>Fusidic acid (topical)</td>
</tr>
<tr>
<td>If widespread; oral fluocloxacillin or clindamycin</td>
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<td>Threadworm</td>
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<tr>
<td>Scabies</td>
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<tr>
<td>Permethrin</td>
<td></td>
</tr>
<tr>
<td>Head Lice</td>
<td>Dimeticone 4%</td>
</tr>
<tr>
<td></td>
<td>Malathion</td>
</tr>
</tbody>
</table>
Pelvic Inflammatory Disease / Pelvic Sepsis
Metronidazole + ofloxacin

Prostatitis (acute)
Ofloxacin or ciprofloxacin

If high risk of Clostridium difficile; trimethoprim

Epididymo-orchitis
Ofloxacin or ciprofloxacin

Gastrointestinal Infections
Clostridium difficile
Use severity assessment
Metronidazole or vancomycin
6: Endocrine System

6.1 Drugs used in diabetes

**Insulin preparations:**
Usually initiated by the diabetic clinic

**Oral antidiabetic drugs:**

i) Sulphonylureas
   - Gliclazide
   - Glipizide

ii) Biguanides
   - Metformin

iii) Glitazones
   - Pioglitazone
   - Rosiglitazone
   - Avandamet®

iv) Gliptins
   - Sitagliptin
   - Vildagliptin
   - Eucreas®

**Other antidiabetic drugs:**
Usually initiated by the diabetic clinic

**Treatment of hypoglycaemia:**
- GlucoGel®
- Glucagon
- Glucose

6.2 Thyroid Hormones

**Hypothyroidism:**
Levothyroxine (thyroxine)

**Antithyroid drugs:**
- Carbimazole
- Propylthiouracil

**For relief of thyrotoxic symptoms:**
- Nadolol
- Propranolol m/r

6.3 Corticosteroids

- Prednisolone
- Dexamethasone
- Hydrocortisone
- Fludrocortisone

6.4 Sex hormones

**HRT:**
For women without a uterus (oestrogen only)
- Elleste-Solo®
- Evorel®
- FemSeven®
- Estraderm MX®
For women with a uterus (Oestrogen with cyclical progestogen)
Elleste-Duet®
Femoston®
Evorel Sequi®
FemSeven Sequi®

Oestrogen with continuous progestogen
Klovance®
Elleste-Duet Conti®
Femoston Conti®
Evorel Conti®
FemSeven Conti®

Other:
Raloxifene
Tibolone

Progestogens:
Norethisterone

Mirena®

6.6 Drugs affecting bone metabolism
Bisphosphonates:
Alendronate
Risedronate

Other drugs affecting bone metabolism:
Strontium ranelate
Raloxifene

6.7 Other endocrine drugs
Cabergoline
Quinagolide (as hydrochloride)
Bromocriptine (as mesilate)

See also Guidance in the TAPG on HRT Product Selection
7.2 Treatment of vaginal and vulval disorders

**Vaginal atrophy**
- Estriol (Ortho-Gynest®)
- Estradiol (Vagifem®)

**Antifungals**
- Clotrimazole
- Fluconazole
- Itraconazole

7.3 Oral contraceptives

**Combined hormonal contraceptives**

<table>
<thead>
<tr>
<th>a) Oral contraceptives</th>
<th>b) Transdermal contraceptives</th>
</tr>
</thead>
<tbody>
<tr>
<td>Microgynon 30®/Ovranette®</td>
<td>Evra®</td>
</tr>
<tr>
<td>Cilest®</td>
<td>Emergency contraception</td>
</tr>
<tr>
<td>Femodene®</td>
<td>Levonorgestrel (Levonelle® 1500)</td>
</tr>
<tr>
<td>Marvelon®</td>
<td></td>
</tr>
<tr>
<td>Femodette®</td>
<td></td>
</tr>
<tr>
<td>Loestrin 20®</td>
<td></td>
</tr>
</tbody>
</table>

**Progestogen-only contraceptives**

<table>
<thead>
<tr>
<th>a) Oral contraceptives</th>
<th>b) Parenteral contraceptives</th>
</tr>
</thead>
<tbody>
<tr>
<td>Norethisterone (Noriday® / Micronor®)</td>
<td>Medroxyprogesterone (Depo-Provera®)</td>
</tr>
<tr>
<td>OR</td>
<td>Desogestrel (Cerazette®)</td>
</tr>
<tr>
<td>Etyndiol diacetate (Femulen®)</td>
<td></td>
</tr>
</tbody>
</table>

| c) Long-acting reversible contraception |
| Implanon® |

| d) Hormone releasing intrauterine systems |
| Mirena® |

7.4 Drugs for genito-urinary disorders

**Drugs used in bladder outflow obstruction**

| Alpha-blockers: |
| Tamsulosin |

| Drugs for benign prostatic enlargement |
| 5 alpha-reductase inhibitors: |
| Finasteride |
Dutasteride

**Drugs for urinary frequency (in the absence of outflow obstruction)**

*Antimuscarinic drugs:*
- Oxybutynin m/r

- Solifenacin

- Tolterodine

**Drugs used for renal colic:**
- Diclofenac

**Bladder instillations:**
- Sodium chloride

**Drugs for erectile dysfunction**

*Phosphodiesterase type-5 inhibitors*
- Sildenafil

- Tadalafil
8: Malignant Disease and Immunosuppression

8.3 Hormone antagonists

Breast cancer:
(See full TAPG for advice)

Tamoxifen
Anastrozole

Prostate Cancer
(See full TAPG for advice)

Anti-androgens
Single agent therapy:
Bicalutamide

To prevent tumour flare with gonadorelin therapy:
Cyproterone acetate

Gonadorelin analogues
Triptorelin m/r (Decapeptyl® SR)

Goserelin
## 9: Nutrition and Blood

### 9.1 Anaemias and other blood disorders

**Oral iron:**
- Ferrous fumarate
- Ferrous sulphate
- Sodium feredetate

**Folic acid and vitamin B₁₂:**
- Folic acid
- Hydroxocobalamin

### 9.2 Fluids and electrolytes

**Oral potassium:**
- Sando K®

**Oral rehydration therapy:**
- Dioralyte®

### 9.4 Oral nutrition

Foods for special diets and enteral nutrition products prescribed in this section should be endorsed ‘ACBS’ in General Practice. Seek dietetic advice before prescribing.

### 9.5 Minerals

**Calcium supplements:**
- Calceos®
- Adcal-D³®
- Calfovit D³®

### 9.6 Vitamins

**Vitamin B Group:**
- Thiamine (Vit B₁)
- Pyridoxine (Vit B₆)
10.1 Drugs used in rheumatic diseases and gout

**Non-steroidal anti-inflammatory drugs (NSAIDs):**
- Ibuprofen
- Diclofenac
- Naproxen

**Corticosteroids:**
- Prednisolone
- Triamcinolone Acetonide
- Methylprednisolone Acetate

**Drugs used for the treatment of gout:**

**Acute attacks:**
- NSAIDs
- Diclofenac
- Naproxen
- Indomethacin

**Others**
- Colchicine

**Prophylaxis:**
- Allopurinol

10.2 Skeletal muscle relaxants
- Diazepam

10.3 Drugs used for the relief of soft tissue inflammation

Topical NSAIDs have not been included. Simple analgesics or topical rubefacients may be considered as an alternative.
### 11.3 Anti-infective preparations

**Antibacterial preparations:**
- Chloramphenicol
- Fusidic Acid

**Antiviral preparations:**
- Aciclovir

### 11.4 Topical corticosteroids and other anti-inflammatory preparations

**Topical corticosteroids:**
- Betamethasone

**Other anti-inflammatory preparations:**
- Sodium cromoglicate

### 11.5 Mydriatics and cycloplegics

- Tropicamide
- Cyclopentolate
- Atropine

### 11.6 Treatment of glaucoma

- Timolol
- Latanoprost
- Brimonidine
- Dorzolamide
- Travoprost

### 11.7 Local anaesthetic

- Tetracaine

### 11.8 Tear substitutes

- Hypermellose
- Lacri-Lube®
- Carbomer 0.2%
### 12: Ear, Nose and Oropharynx

#### 12.1 Drugs acting on the ear

**Treatment of otitis externa:**
- Betnesol®
- Gentisone-HC®
- Locorten-Vioform®

**Removal of ear wax:**
- Almond or Olive Oil
- Sodium Bicarbonate

**Antifungal preparations:**
- Clotrimazole

#### 12.2 Drugs acting on the nose

**Nasal Allergy:**
- Beclometasone
- Fluticasone

**Topical nasal decongestants:**
- Xylometazoline
- Sodium Chloride

**Anti-infective nasal preparations:**
- Naseptin®

#### 12.3 Drugs acting on the oropharynx

**Oral ulceration and inflammation:**
- Benzydamine
13: The Skin

13.1 Vehicles
Choice of vehicle can mean the difference between treatment success and failure. Patients will be loath to use one that does not ‘feel right’.

13.2 Emollients and barrier preparations

**Emollients:**
- Aqueous cream
- Emulsifying ointment
- White soft paraffin/Liquid paraffin 50/50
- Dermol 200® shower emollient
- Dermol 500® lotion
- Doublebase® gel
- Diprobase® cream
- E45® cream
- Epaderm® ointment
- Oilatum® cream, shower gel

**Emollient bath additives:**
- Oilatum® emollient
- Oilatum Plus® emollient
- Dermol 600® bath emollient
- Balneum Plus® bath oil

**Barrier preparations:**
- Conotrace® cream

13.3 Anti-pruritic preparations
- Calamine lotion, aqueous cream
- Crotamiton cream, lotion

13.4 Topical corticosteroids

**Mildly Potent:**
- Hydrocortisone 0.5%, 1% cream, ointment

**Moderately Potent:**
- Clobetasone Butyrate 0.05% cream, ointment

**Potent:**
- Betamethasone Valerate 0.1% cream, ointment/lotion
- Mometasone Furoate 0.1% cream, ointment

**Very Potent:**
- Clobetasol Propionate 0.05% cream, ointment

**Corticosteroids with antimicrobial agents:**

**Mildly Potent:**
- Canesten HC® cream
- Daktacort® cream, ointment
- Timodine® cream
Fucidin H\textsuperscript{®} cream, ointment

**Moderately Potent:**
Trimovate\textsuperscript{®} cream

**Potent:**
Betnovate-C\textsuperscript{®} cream, ointment

FucibET\textsuperscript{®} cream

13.5 Preparations for psoriasis

*Coal Tar preparations:*
Alphosyl HC\textsuperscript{®} cream

Capasal\textsuperscript{®} shampoo

Exorex\textsuperscript{®} lotion

Psoriderm\textsuperscript{®} cream

Sebco\textsuperscript{®} scalp ointment

T-gel\textsuperscript{®} shampoo

*Other preparations:*
Calcipotriol cream, ointment
Calcitriol ointment
Diprosalic\textsuperscript{®} ointment, scalp application
Betamethasone 0.1% scalp application

13.6 Preparations for Acne

*Keratolytics:*
Benzoyl Peroxide 2.5%, 5%, 10% aquagel 4%, 5% cream, 5% gel

**Topical antibiotics:**
Erythromycin 2% solution, 4% solution with zinc acetate
Clindamycin 1% solution, lotion

**Topical retinoids and related preparations:**
Isotretinoin 0.05% gel

Tretinoin 0.01%, 0.025% gel 0.025% cream
Adapalene 0.1% gel, cream

Oral antibiotics:
Erythromycin
Doxycycline
Lymecycline

13.7 Preparations for Warts

Salatac\textsuperscript{®} gel

Occlusal\textsuperscript{®} application

13.8 Sunscreens

Sunsense\textsuperscript{®} Ultra lotion SPF 50+
E45 Sun Block\textsuperscript{®} lotion SPF 30+
Uvistat\textsuperscript{®} cream SPF 50
13.9 Shampoos and scalp applications

- Betamethasone 0.1% scalp application
- Betamethasone 0.1% lotion
- Capasal® shampoo
- Ceanel concentrate® shampoo
- Ketoconazole shampoo
- T/Gel® shampoo

13.10 Anti-infective skin preparations

**Antibacterial preparations:**
- **Antibacterials not used systemically:**
  - Silver sulfadiazine 1% cream

- **Antibacterials also used systemically:**
  - Fusidic acid 2% cream, ointment, gel
  - Metronidazole 0.75% cream, gel

**Antifungal preparations:**
- Clotrimazole 1% cream
- Ketoconazole 2% cream
- Miconazole 2% cream
- Terbinafine 1% cream

**Antiviral preparations:**
- Aciclovir 5% cream

**Treatment of headlice and scabies:**
- See Section 5.
Appendix 1: Approximate Equivalent Opioid Doses

It may be necessary to change a patient from one opioid to another to achieve optimum analgesia with fewer side effects or if a route becomes compromised. The table below gives an approximate conversion for different opioids. On converting, it is good practice to change to the lowest appropriate dose and titrate as required using breakthrough medication. As an example, when converting a patient prescribed 100mg of modified release morphine (MST) twice a day to Hydromorphone, 24mg Hydromorphone is the equivalent daily dose. The patient would therefore be prescribed 12mg Hydromorphone modified release twice daily with 3.9mg immediate release Hydromorphone for breakthrough (1 sixtieth of the total daily dose).

<table>
<thead>
<tr>
<th>Route of administration</th>
<th>Oral</th>
<th>Transdermal</th>
</tr>
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<tbody>
<tr>
<td>Drug</td>
<td>Morphine total daily dose</td>
<td>Hydromorphone total daily dose</td>
</tr>
<tr>
<td>Equivalent Doses</td>
<td>10mg&lt;=&gt;</td>
<td>1.3mg&lt;=&gt;</td>
</tr>
<tr>
<td>30mg&lt;=&gt;</td>
<td>4mg&lt;=&gt;</td>
<td>11mg&lt;=&gt;</td>
</tr>
<tr>
<td>60mg&lt;=&gt;</td>
<td>8mg&lt;=&gt;</td>
<td>18mg&lt;=&gt;</td>
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<td>90mg&lt;=&gt;</td>
<td>12mg&lt;=&gt;</td>
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<td>120mg&lt;=&gt;</td>
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<td>270mg&lt;=&gt;</td>
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<td>52mg&lt;=&gt;</td>
<td>75mg&lt;=&gt;</td>
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<tr>
<td>600mg&lt;=&gt;</td>
<td>70mg&lt;=&gt;</td>
<td>75mg&lt;=&gt;</td>
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Opioid Formulations and Strengths

<table>
<thead>
<tr>
<th>Preparations</th>
<th>Morphine (oral)</th>
<th>Hydromorphone (oral)</th>
<th>Oxycodone (oral)</th>
<th>Fentanyl Patches</th>
</tr>
</thead>
<tbody>
<tr>
<td>Liquid</td>
<td>10mg/5ml oral solution</td>
<td>5mg/5ml oral solution</td>
<td>10mg/1ml concentrated oral solution</td>
<td></td>
</tr>
<tr>
<td>Immediate Release</td>
<td>10mg, 20mg, 50mg tablets</td>
<td>1.3mg, 2.6mg capsules</td>
<td>5mg, 10mg, 20mg capsules</td>
<td></td>
</tr>
<tr>
<td>Modified Release</td>
<td>12-hourly tablets: 5mg, 10mg, 15mg, 30mg, 60mg, 100mg, 200mg</td>
<td>2mg, 4mg, 8mg, 16mg, 24mg capsules</td>
<td>5mg, 10mg, 20mg, 40mg, 80mg tablets</td>
<td>12, 25, 50, 75 or 100 micrograms per hour patches (each patch lasts 72 hours)</td>
</tr>
</tbody>
</table>