

To contact NHS BSW ICB Medicines Optimisation Team: ✉ bswibc.prescribing@nhs.net

Website: <https://bswtogether.org.uk/medicines/>

BSW Area Prescribing Committee (APC) Updates (see all recent decisions in full [here](#))

New additions to BSWformulary and Change in Traffic Light Status (TLS)

- [Accu-check device and test strips in gestational diabetes](#) – added with **AMBER** TLS, information added to formulary entry and aligns formulary to current practice.
- [Cequa® ciclosporin eye drop](#) – added with **AMBER** TLS as a cheaper alternative to Ikervis eye drops. Ophthalmology consultants to switch appropriate patients.
- [Desmopressin sublingual tablets](#) – **new indication** added with **AMBER** TLS as a formulary formulation for patients who after a trial of standard tablets, are found to not absorb them properly (as assessed by an endocrinologist). Wording added to formulary entry.
- [Moxifloxacin eye drops](#) – added with a **RED** TLS for off-label use for treatment of corneal ulcers in adults.
- [Vedolizumab for IO colitis that is refractory to infliximab](#) – added with **RED** TLS as a second line option for 3 doses. Local guidelines to follow.

Minor amendments to Netformulary

- Discontinued drugs removed from formulary, no major impact.
- Esmya moved to non-formulary as discontinued, no prescribing in primary care so no follow up required.
- ADHD links updated to LDAN directorate information which shows approved providers.
- Turning Point have taken over the specialist addiction services from HCRG, in BaNES, and the section in the formulary has been updated to reflect this [Formulary](#)
- Donepezil changed to amber TLS for all localities following publication of the new dementia LES.
- Freestyle Libre 3+ has replaced Freestyle Libre 3, Freestyle 2 and 3 will be discontinued, 2+ and 3+ will replace them.
- Cinacalcet wording in entry amended for the SCA that has been agreed with minor amendment made following feedback from SFT consultant.

The BSW joint formulary remains under construction and is designed to be an evolving, dynamic resource. We are working to ensure the messages on GP prescribing systems and Optimise Profiles are in line with the joint formulary. If you discover information you believe to be inaccurate or misleading, or for further information, email bswibc.formulary@nhs.net

NEW - Guidance on medication requests from specialists for combination drugs for adults with ADHD

Acting on concerns from our local GPs about requests being received to prescribe combinations of dexamfetamine and lisdexamfetamine to adults with ADHD, BSW has created new guidance reinforcing our stance that our local [BSW ICB Adult ADHD Shared Care Agreement](#) is based on NICE NG87 and hence only supports the use of medications as monotherapy.

The guidance supporting this can be found on our [APC/MO website](#) the link to the guidance can be found [here](#)

Valproate easy read patient information leaflet translated into 30 languages.

The Southeast Regional Clinical Quality Improvement team have worked with clinicians and people using health services. They have developed an information leaflet to support person-centred, informed discussions about how to take valproate as safely as possible. The leaflet has been translated into 30 languages and can be found here - [South East Clinical Delivery and Networks- Valproate](#)

MHRA Drug SAFETY Update - Short-acting beta 2 agonists (SABA) (salbutamol and terbutaline): reminder of the risks from overuse in asthma

Healthcare professionals and patients are reminded of the **risk of severe asthma attacks and increased mortality** associated with **overuse of SABA** with or without anti-inflammatory maintenance therapy in patients with asthma. Healthcare professionals should be aware of the **change in guidance that no longer recommends prescribing SABA without an inhaled corticosteroid**. Update information can be found - [here](#)
BSW Asthma Guidance for Adults and Young People over 16 years can be found [here](#)

Nestlé Health Science: Resource® ThickenUp® Clear **pack size change**

Key Changes:

- Pack Size: **Increased** from 127g to **215g**.
- Price: The **price per gram remains unchanged** (£0.071/g), with the new 215g tin priced at £15.27.
- PIP Code Update: NEW PIP code 433-7291 (replacing previous PIP code 355-4433).

These changes took effect from **February 2025**. BSW Meds Op team have therefore amended TPP formulary to reflect the change in pack size. The BSW [Thickeners - a guide to prescribing](#) guidance has also been updated.

[Medicines Optimisation website](#)

Updated documents

[Emergency access to Medicines Scheme-List of medicines](#)

[Emergency Access to Medicines Scheme information - participating pharmacies](#)

[NHSE Self-care & OTC Guidance for prescribers](#)

[BSW Self-Monitoring of Blood Glucose in Diabetes Guidelines](#)

To ensure you are always using the most **up to date** information, please always check and search for our latest documents and information via the **BSW ICB Medicines Optimisation Team website**

Keep Antibiotics Working

The UK Health Security Agency (UKHSA) has a new superhero in the form of a pill shaped cartoon character known as **Andi Biotic**. He is heading up a campaign to tackle misconceptions about antibiotics among **18- to 34-year-olds**, as part of the ongoing Keep antibiotics working programme watch this short video - [Join Andi Biotic on his antimicrobial resistance \(AMR\) mission!](#)



According to a UKHSA survey last year, 41% of this age group [reported obtaining antibiotics incorrectly](#) — far higher than the 23% in the general population. Further resources to support this programme can be found [here](#).

Cost Saving drug switch of the month -Bimatoprost 300micrograms/ml / Timolol 5mg/ml eye drops preservative free to Bimiduo

In the past 12 months, £123k has been spent on Bimatoprost/Timolol preservative free eye drops. By prescribing as Bimiduo (preservative free multi dose bottle) approximately £30k could be saved across BSW. As part of the green agenda and reducing plastic waste, single dose eye drops should be reserved for patients unable to administer/utilise multidose bottles e.g. poor dexterity, or where compliance may be affected.

Product	Pack size	Cost
Bimiduo 0.3mg/ml / 5mg/ml eye drops preservative free	3ml	£11.99
Bimatoprost 300micrograms/ml / Timolol 5mg/ml eye drops preservative free	3ml	£14.16
Eyzeetan 0.3mg/ml / 5mg/ml eye drops preservative free	3ml	£14.16
Bimatoprost 300micrograms/ml / Timolol 5mg/ml eye drops 0.4ml unit dose preservative free	30 unit dose	£15.67
Ganfort 0.3mg/ml / 5mg/ml eye drops 0.4ml unit dose	30 unit dose	£17.94

A search to identify patients can be located on SystmOne [here](#) -Clinical Reporting > BSW General Practice > Medicine Optimisation Team > Cost Savings

Medicines Safety Improvement - Reducing Harm from Opioids in Chronic (non-cancer) Pain

Following the National Medicines Safety Improvement Programme, BSW ICB have been collaborating with Health Innovation Network West of England since 2022 to test quality improvement initiatives **aiming to reduce harm from opioids** in chronic (non-cancer) pain. Through a [neighbourhood health](#) and [biophysical approach](#) it is estimated that within BSW **5 lives have been saved** by reduction in chronic opioid use, and **126 people have had the risk of opioid related death halved** (through the reduction of high dose opioids). 93 staff from BSW (including clinicians, social prescribers and health coaches) have undertaken the acclaimed **Live Well with Pain Education Programme**.

Hear how the approach **has improved the lives of people living with chronic pain** in a series of **short videos** filmed within BSW and see the full resource library for the programme [here](#)

A comprehensive programme report from Health Innovation West of England is available [here](#) Including case studies from a local PCN and GP practice.

Although the programme has now ended, Practice/PCN level Pain Cafes/groups to facilitate a biopsychosocial approach are ongoing within BSW and neighbouring ICBs. Please get in touch with us at bswibc.prescribing@nhs.net to find out more.

Updated SPC for Rybelsus (oral semaglutide)

Clinicians are asked to note and advise their patients that the [Summary of Product Characteristics \(SmPC\)](#) for Rybelsus (green TLS on [Formulary](#)) - has been updated. The manufacturer now recommends it should be taken on an empty stomach after a recommended fasting period of at least 8 hours.

Method of Administration- After taking Rybelsus® tablets wait at least 30 minutes before having the first meal or drink of the day or taking other oral medicines. Waiting less than 30 minutes lowers the absorption of semaglutide. Swallow Rybelsus® tablets whole with no more than half a glass of water (up to 120 ml). Do not split, crush, or chew the tablet, as it is not known if it affects absorption of semaglutide.

NB- Oral semaglutide should not be included in a 'dosette' box as the SPC states it should be stored in the original blister package to protect from light and moisture.