


3 Respiratory System

Comment: Local guidance is available from the Forth Valley [Asthma Online Resource](#) and [COPD Guidance](#)

Also see [British Guideline on the Management of Asthma](#) and [NICE guideline \[NG115\] Chronic obstructive pulmonary disease in over 16s: diagnosis and management](#)

In new patients, consideration should be given to prescribing formulary choice dry powder inhaler (DPI) devices rather than metered dose inhalers (MDI) in order to reduce the carbon footprint.

Inhaler devices which are carbon neutral or with a low carbon footprint are marked as  in the Formulary

For further information on how to reduce the carbon footprint on inhaler prescribing refer to

<https://www.greenerpractice.co.uk/greener-practice-guide-to-inhaler-prescribing>



1 Airways Disease, Obstructive

Primary
Care

Acute/
Specialist
Services

Antimuscarinics (inhaled)

Long-acting Antimuscarinic Monotherapy (LAMA)



	Incruse Ellipta® (Umeclidinium) (DPI) (1 st line) (licensed for use in those aged 18 years old and upwards)	✓	✓
	Spiriva Respimat® (Tiotropium) (Soft mist inhaler[SMI]) (2 nd line) (licensed for use in those aged 6 years old and upwards in asthma)	✓	✓

Short-acting Antimuscarinic Monotherapy (SAMA)

	Ipratropium nebules	✓	✓
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Combination Inhalers

Long-acting Antimuscarinic and Long-acting Beta2-adrenoceptor agonist inhaler (LAMA + LABA)

	Anoro Ellipta® (Umeclidinium + vilanterol) (DPI) (1 st line) (licensed for use in those aged 18 years old and upwards)	✓	✓
	Spiolto Respimat® (Tiotropium + olodaterol) (SMI) (2 nd line) (licensed for use in those aged 18 years old and upwards)	✓	✓
	Bevespi Aerosphere® (Glycopyrronium + formoterol) (MDI) (licensed for use in those aged 18 years old and upwards)	✓	✓

Short-acting Beta₂-adrenoceptor agonist + Short-acting Antimuscarinic (SABA + SAMA)


	Salbutamol + ipratropium nebules	✓	✓
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Beta₂-adrenoceptor agonists

Long-acting

	No formulary choice as monotherapy		
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Short-acting (SABA)

	Salbutamol (Easyhaler® salbutamol) (DPI) (licensed for use from age 4 years and upwards)	✓	✓
	Salbutamol (MDI)	✓	✓
	Salbutamol nebules	✓	✓

Comment: Different brands of salbutamol MDI have different carbon footprints e.g. Salamol® inhaler has a lower carbon footprint than Ventolin Evohaler®. Consideration should be given to prescribing salbutamol MDI's by brand name (this will ensure a lower carbon footprint inhaler is dispensed by the Pharmacy), in new patients/when patients are reviewed and they consent to being prescribed a lower carbon footprint MDI.

Key ✓ Initiate and continue ✚ Continue where appropriate.

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Patients using more than 6 SABA inhalers per annum should be reviewed to ensure appropriate management of the patient's asthma.

Corticosteroids (inhaled)

Comment: See [HIS Steroid Emergency Card](#) for further info. regarding patients who are considered at high risk of adrenal crisis and should be provided with a steroid emergency card.




Corticosteroid Monotherapy

	Easyhaler® Beclomethasone (1 st line DPI) (licensed for use in those aged 18 years and upwards)	✓	✓
	Easyhaler® Budesonide (2 nd line DPI) (licensed for use in those aged 6 years and upwards)	✓	✓
	Soprobec® (1 st line MDI) (Beclometasone Dipropionate) (200mcg, 250mcg strengths not licensed for use in children less than 12 years old)	✓	✓


Combination Inhalers

Inhaled Corticosteroid + Long-acting Beta₂-adrenoceptor agonist (ICS + LABA)

Asthma


	Fostair NEXThaler® 100/6, 200/6 (Beclometasone extra-fine + formoterol) (1 st line DPI) (licensed for use in those aged 18 years old and upwards)	✓	✓
	Relvar Ellipta® 92/22, 184/22 (Fluticasone furoate + vilanterol) (1 st line DPI) (licensed for use in those aged 12 years old and upwards in asthma)	✓	✓
	Fobumix Easyhaler® 80/4.5, 160/4.5, 320/9 (Budesonide + formoterol) (2 nd line DPI)	✓	✓

Comment: Not all strengths of Fobumix Easyhaler® are licensed for all ages. Fobumix Easyhaler® 80/4.5 is licensed in adults, adolescents and children aged 6 years and older. Higher strengths are not suitable for patients under 12 years of age.

	Luforbec® 100/6, 200/6 (Beclometasone extra-fine + formoterol) (1 st line MDI) (licensed for use in those aged 18 years old and upwards)	✓	✓
	Flutiform® (Fluticasone propionate + formoterol) (2 nd line (MDI) (50/5mcg inhaler licensed for use in those aged 5 years old and upwards, 125/5mcg inhaler licensed from 12 years old, 250/10mcg inhaler only licensed in adults)	✓	✓



Comment: Flutiform® has a high carbon footprint and should only be considered if alternative options are unsuitable

Comment: Luforbec® MDI shelf life is 3 months after dispensing – prescribe appropriate quantities to avoid unnecessary wastage

	Symbicort Turbohaler® 200 micrograms/6 micrograms/inhalation (Budesonide + Formoterol)	✓	✓
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Comment: Symbicort Turbohaler® is accepted for use as reliever therapy for adults and adolescents (12 years and older) with mild asthma in patients **who would otherwise** receive low dose inhaled corticosteroid (ICS) maintenance therapy plus short-acting beta-2 adrenoceptor agonist (SABA) as needed.





COPD

	Fostair NEXThaler® 100/6 (Beclometasone extra-fine + formoterol) (1 st line DPI) (licensed for use in those aged 18 years old and upwards)	✓	✓
	Relvar Ellipta® 92/22 (Fluticasone furoate + vilanterol) (1 st line DPI) (licensed for use in those aged 18 years old and upwards)	✓	✓

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	Fobumix Easyhaler® 160/4.5,320/9 (Budesonide + formoterol inhaler) (2 nd line DPI) (licensed for use in those aged 18 years old and upwards)	✓	✓
	Luforbec® 100/6 (Beclometasone extra-fine + formoterol) (1 st line MDI) (licensed for use in those aged 18 years old and upwards)	✓	✓
Inhaled corticosteroid + Long-acting Beta₂-adrenoceptor agonist + Long-acting antimuscarinic (ICS + LABA + LAMA)			
Asthma			
	Trimbow® 87/5/9mcg, 172/5/9mcg (Beclometasone + formoterol + glycopyrronium) (MDI) (licensed for use in those aged 18 years old and upwards)	✓	✓
COPD			
	Trelegy Ellipta® (Fluticasone furoate + vilanterol + umeclidinium) (DPI) (licensed for use in those aged 18 years old and upwards)	✓	✓
	Trimbow® NEXThaler® 88/5/9mcg(Beclometasone + formoterol + glycopyrronium) (DPI) licensed for use in those aged 18 years old and upwards)	✓	✓
	Trimbow® 87/5/9mcg(Beclometasone + formoterol + glycopyrronium) (MDI) (licensed for use in those aged 18 years old and upwards)	✓	✓
	Trixeo Aerosphere® (Budesonide + formoterol + glycopyrronium) (MDI) (licensed for use in those aged 18 years old and upwards)	✓	✓
Immunosuppressants – Monoclonal Antibodies			
	Mepolizumab (Nucala®) (1 st line)		✓
	Benralizumab (Fasenra®) (2 nd line)		✓
	Omalizumab (Xolair®)		✓
	Dupilumab (Dupixent®)		✓
	Tezepelumab (Tezspire®)		✓
Comment: Monoclonal antibodies are restricted to use by clinicians responsible for adults with severe asthma. To be prescribed in line with SMC restrictions.			
Leukotriene Receptor Antagonists			
	Montelukast	✓	✓
Comment: For patients with swallowing problems it is more cost-effective to use chewable tablets rather than granules			
Xanthines			
	Aminophylline Injection		✓
	Theophylline tablets (Uniphyllin Continus®)	✓	✓
Peak flow meters			
	Easy Peak Flow Meter (Low range, standard range)	✓	✓
InhalermSpacers			
	Easychamber® Spacer +/-mask	✓	✓
Comment: Spacer + MDI is recommended in preference to dry powder or breath actuated inhalers in younger children			

Key ✓ Initiate and continue ✚ Continue where appropriate.

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Spacers should be replaced at least every year, especially if the spacer is used on a daily basis. May need to be replaced sooner in some individuals.

2. Allergic Conditions		Primary Care	Acute/ Specialist Services
Antihistamines – Non-sedating			
	Cetirizine (1 st line)	✓	✓
	Loratadine (1 st line)	✓	✓
	Fexofenadine (2 nd line)	✓	✓
Antihistamines – Sedating			
	Chlorphenamine	✓	✓
	Promethazine	✓	✓
2.1 Angiodema			
	Treatments for angiodema are available via tertiary centres		
3. Conditions Affecting Sputum Viscosity		Primary Care	Acute/ Specialist Services
Mucolytics			
	Acetylcysteine effervescent tablets (Acepiro®) (1 st line in patients aged 18 years and above)	✓	✓
	Carbocisteine (1 st line in patients aged 2 - 18 years)	✓	✓
3.1 Cystic Fibrosis			
	Treatments for cystic fibrosis are available via a tertiary centre in NHS Lothian		
4. Cough and Congestion			
	No formulary choices		
5. Idiopathic Pulmonary Fibrosis			
	Pirfenidone		✓
	Nintedanib (Ofev®)		✓
Comment: Pirfenidone, nintedanib to be prescribed in line with SMC restrictions			

6. Respiratory depression, respiratory distress syndrome and apnoea	Primary Care	Acute/ Specialist Services
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Respiratory stimulants

	Doxapram hydrochloride		✓
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