


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)	✓	✓
	Spiriva Respimat [®] (Tiotropium) (Soft mist inhaler[SMI]) (2 nd line)	✓	✓
Short-acting Antimuscarinic Monotherapy (SAMA)			
	Ipratropium nebules	✓	✓
Combination Inhalers			
Long-acting Antimuscarinic and Long-acting Beta2-adrenoceptor agonist inhaler (LAMA + LABA)			
	Anoro Ellipta [®] (Umeclidinium + vilanterol) (DPI) (1 st line)	✓	✓
	Spiolto Respimat [®] (Tiotropium + olodaterol) (SMI) (2 nd line)	✓	✓
	Bevespi Aerosphere [®] (Glycopyrronium + formoterol) (MDI)	✓	✓
Short-acting Beta₂-adrenoceptor agonist + Short-acting Antimuscarinic (SABA + SAMA)			
	Salbutamol + ipratropium nebules	✓	✓
Beta₂-adrenoceptor agonists			
Long-acting			
	No formulary choice as monotherapy		
Short-acting (SABA)			
	Salbutamol (Easyhaler [®] salbutamol) (DPI)	✓	✓
	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.			
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.			

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Corticosteroid Monotherapy			
	Easyhaler® Beclomethasone (1 st line DPI)	✓	✓
	Easyhaler® Budesonide (2 nd line DPI)	✓	✓
	Soprobec® (1 st line MDI) (Beclometasone Dipropionate)	✓	✓
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)	✓	✓
	Relvar Ellipta® 92/22,184/22 (Fluticasone furoate + vilanterol) (1 st line DPI)	✓	✓
	Fobumix Easyhaler® 80/4.5,160/4.5,320/9 (Budesonide + formoterol) (2 nd line DPI)	✓	✓
Comment: Fobumix Easyhaler® is licensed for use in adults only. In younger patients Symbicort Turbohaler® should be prescribed in patients requiring budesonide + formoterol.			
	Luforbec® 100/6, 200/6 (Beclometasone extra-fine + formoterol) (1 st line MDI)	✓	✓
	Flutiform® (Fluticasone propionate + formoterol) (2 nd line (MDI)	✓	✓
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			
COPD			
	Fostair NEXThaler® 100/6 (Beclometasone extra-fine + formoterol) (1 st line DPI)	✓	✓
	Relvar Ellipta® 92/22 (Fluticasone furoate + vilanterol) (1 st line DPI)	✓	✓
	Fobumix Easyhaler® 160/4.5,320/9 (Budesonide + formoterol inhaler) (2 nd line DPI)	✓	✓
	Luforbec® 100/6 (Beclometasone extra-fine + formoterol) (1 st line MDI)	✓	✓
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)	✓	✓
COPD			
	Trelegy Ellipta® (Fluticasone furoate + vilanterol + umeclidinium) (DPI)	✓	✓
	Trimbow® NEXThaler® 88/5/9mcg(Beclometasone + formoterol + glycopyrronium) (DPI)	✓	✓
	Trimbow® 87/5/9mcg(Beclometasone + formoterol + glycopyrronium) (MDI)	✓	✓
	Trixeo Aerosphere® (Budesonide + formoterol + glycopyrronium) (MDI)	✓	✓
Immunosuppressants – Monoclonal Antibodies			
	Mepolizumab (Nucala®) (1 st line)		✓
	Benralizumab (Fasenra®) (2 nd line)		✓

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	Omalizumab (Xolair [®])		✓
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 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		

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3. Conditions Affecting Sputum Viscosity		Primary Care	Acute/ Specialist Services
Mucolytics			
	Acetylcysteine effervescent tablets (NACSYS [®]) (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			

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