

9 Nutrition and Blood

9.1 Anaemias and some other blood disorders		Primary Care	Acute/ Specialist Services
9.1.1 Iron-deficiency anaemias			
9.1.1.1 Oral Iron			
	Ferrous fumarate (1st Line)	✓	✓
	Ferrous sulphate (2nd Line)	✓	✓
	Ferrous gluconate	✓	✓
	Pregaday®	✓	✓
	Sodium feredetate	✓	✓
9.1.1.2 Parenteral Iron			
	Ferric carboxymaltose (Ferinject®)		✓
	Ferric derisomaltose (Monofer®)		✓
	Iron sucrose (Venofer®)		✓
Comment: Iron sucrose (Venofer®) is restricted to use in patients undergoing haemodialysis			
9.1.2 Drugs used in megaloblastic anaemias			
	Cyanocobalamin tablets low dose 50mcg tablets can be prescribed in Primary Care in line with local guideline high dose 1mg tablets (Orobalin® 1mg tablets) - only to be prescribed when hydroxocobalamin inj. is unsuitable and if recommended by a haematologist	✓/⊕	✓
	Folic Acid	✓	✓
	Hydroxocobalamin	✓	✓
Comment : Refer to B12 and Folate:PracticalGuide Giving vitamin B12 without further investigation, due to macrocytic anaemia, can prevent subsequent accurate diagnosis. Intrinsic factor antibody test cannot be interpreted in the presence of high levels of B12 (serum B12 levels are not relevant after B12 has been given). If there is clinical suspicion of sub-acute combined degeneration, treatment should be initiated immediately after generous samples for analysis are taken.			
9.1.3 Drugs used in hypoplastic, haemolytic, and renal anaemias			
	Darbepoetin alfa	⊕	✓
	Epoetin delta	⊕	✓
	Epoetin alfa	⊕	✓
	Epoetin beta	⊕	✓
	Epoetin zeta	⊕	✓
	Deferasirox	⊕	✓
Comment: Epoetin for renal unit/shared care use only.			

Key ✓ Initiate and continue ⊕ Continue where appropriate.

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9.1.4 Drugs used in platelet disorders			
	Anagrelide		✓
	Eltrombopag (Revolade [®])		✓
Comment: Anagrelide available in line with West of Scotland Cancer Network Protocols			
9.1.6 Drugs used in neutropenia			
	Filgrastim (restricted - haematology/oncology use only)		✓
9.1.7 Drugs used to mobilise stem cells			
	Plerixafor (Mozobil [®]) [for use upon Tertiary Recommendation]		✓

9.2 Fluids and electrolytes		Primary Care	Acute/ Specialist Services
9.2.1 Oral preparations for fluid and electrolyte imbalance			
	Calcium polystyrene sulphonate (Calcium Resonium [®])		✓
	Oral rehydration salts	✓	✓
	Potassium chloride (Sando-K [®] , Kay-Cee-L syrup [®])	✓	✓
	Sodium bicarbonate	⊕	✓
	Sodium polystyrene sulphonate (Resonium A [®])		✓
	Sodium Zirconium Cyclosilicate (Lokelma [®])	⊕	✓
Comment: Lokelma [®] to be prescribed in line with SMC restrictions			
9.2.2 Parenteral preparations for fluid and electrolyte imbalance			
9.2.2.1 Electrolytes and water			
	Glucose	✓	✓
	Glucose with Potassium	✓	✓
	Potassium chloride strong solution		✓
	Sodium bicarbonate	⊕	✓
	Sodium chloride	✓	✓
	Sodium chloride/glucose		✓
	Sodium chloride with Potassium	✓	✓
9.2.2.2 Plasma and plasma substitutes			
	Tertastarch (Volulyte [®])		✓

9.4 Oral Nutrition		Primary Care	Acute/ Specialist Services
	Dietetic recommendation		

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9.5 Minerals		Primary Care	Acute/ Specialist Services
Comment Refer to Hypomagnesaemia in Adults Guideline and Hypophosphataemia in Adults Guideline (Appendix 9a) .			
9.5.1 Calcium and magnesium			
	Calcium Gluconate Injection		✓
	Magnesium aspartate dehydrate (Magnaspartate®)	✓	✓
	Magnesium Glycerophosphate (Neomag®)	✓	✓
	Magnesium sulphate injection		✓
	Sandocal®	✓	✓
9.5.2 Phosphorus			
9.5.2.2 Phosphate binding agents			
	Calcium Salts (1st Line)	✓	✓
	Sevelamer (2nd Line)	✓	✓
	Aluminium hydroxide		✓
	Lanthanum	✓	✓
9.5.4 Zinc			
	Zinc sulphate monohydrate (Solvazinc®)		✓

9.6 Vitamins		Primary Care	Acute/ Specialist Services
9.6.1 Vitamin A			
	Vitamins A and D	✓	✓
	Vitamins A , C and D	✓	✓
9.6.2 Vitamin B			
	Nicotinamide	✓	✓
	Pyridoxine (Vit B6)	✓	✓
	Thiamine (Vit B1)	✓	✓
	Vitamins B and C IV/HP (Pabrinex®)	✓	✓
9.6.3 Vitamin C			
	Ascorbic acid	✓	✓
9.6.4 Vitamin D			
	Alfacalcidol	⊕	✓

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	Calcium and colecalciferol (Adcal-D3 [®] , Calfovite D3 [®])	✓	✓
	Colecalciferol	✓	✓
	Ergocalciferol (readily available as calcium and ergocalciferol)	✓	✓
Comment Refer to Investigation and Treatment of Vitamin D Deficiency in Adults			
9.6.6 Vitamin K			
	Phytomenadione	✓	✓
	Menadiol sodium phosphate	⊕	✓
	Konakion MM [®]	⊕	✓
	Konakion MM Paediatric [®]	✓	✓
9.6.7 Multivitamin preparations			
	Vitamin A, B group, C, and D (Abidec [®] , Dalivit [®])	✓	✓
	Forceval [®] (+/-junior) Capsules	✓	✓
	Vitamin Capsules BPC	✓	✓

9.8 Metabolic disorders		Primary Care	Acute/ Specialist Services
9.8.1 Drugs used in metabolic disorders			
	Betaine anhydrous oral powder (Cystadane [®]) (restricted use-specialist Initiation only)	⊕	✓
	Migalastat (Galafold [®])	⊕	✓

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