

# 1 Gastro-intestinal System

## 1. Chronic bowel disorders

1.1 Coeliac Disease	Primary Care	Acute/ Specialist Services
Refer to <a href="#">NHS Forth Valley Gluten Free Food List</a>		

1.2 Diverticular disease and diverticulitis	Primary Care	Acute/ Specialist Services
<i>No specific formulary choices</i>		

1.3 Inflammatory bowel disease	Primary Care	Acute/ Specialist Services
<b>Aminosalicylates</b>		
Balsalazide Sodium	⊕	✓
Mesalazine (Octasa <sup>®</sup> , Salofalk <sup>®</sup> , Pentasa <sup>®</sup> )	⊕	✓
<b>Comment:</b> Oral mesalazine products should be prescribed by brand name only due to differences in bioavailability between different brands.		
Sulfasalazine	⊕	✓
<b>Corticosteroids</b>		
Budesonide (Budenofalk <sup>®</sup> , Cortiment <sup>®</sup> , Entocort <sup>®</sup> , Jorveza <sup>®</sup> )	⊕	✓
<b>Comment:</b> Note different brands of budesonide have different licensed indications. Jorveza <sup>®</sup> oro-dispersible tablets are approved for use for the treatment and maintenance of patients with eosinophilic oesophagitis where a minimum 4 week trial of a PPI has been ineffective in controlling symptoms.		
Prednisolone (foam enema, rectal solution, suppositories)	⊕	✓
<b>Immunosuppressants</b>		
Adalimumab (Imraldi <sup>®</sup> )		✓
Azathioprine	⊕	✓
Ciclosporin	⊕	✓
Infliximab (Remsima <sup>®</sup> )		✓
Mercaptopurine	⊕	✓
Methotrexate	⊕	✓
Tofacitinib		✓
Ustekinumab (infusion, s.c.)		✓

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	Vedolizumab (infusion, s.c.)		✓
<b>Comment:</b> Biologic therapies can only be prescribed by a consultant gastroenterologist.			

1.4 Irritable Bowel Syndrome	Primary Care	Acute/ Specialist Services
<b>Antispasmodics</b>		
Peppermint Oil	✓	✓
<b>Guanylate Cyclase-C Receptor Agonists</b>		
Linaclotide (Constella®)	⊕	✓
<b>Comment:</b> To be prescribed in line with <a href="#">SMC advice</a>		

1.5 Short bowel syndrome	Primary Care	Acute/ Specialist Services
<b>No Formulary Choices</b>		

2 Constipation and bowel cleansing	Primary Care	Acute/ Specialist Services
<b>Bowel cleansing solutions</b>		
Moviprep®		✓
Picolax®		✓

2.2 Constipation	Primary Care	Acute/ Specialist Services
<b>Bulk-forming laxatives</b>		
Ispaghula Husk	✓	✓
<b>Osmotic Laxatives</b>		
Macrogol 3350 with potassium chloride, sodium bicarbonate and sodium chloride (Laxido®, Laxido Paediatric®)	✓	✓
Lactulose	✓	✓
<b>Comment:</b> Lactulose may take up to 48 hours to act and is therefore unsuitable for relief of acute symptoms and for "prn" prescribing.		

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	Fleet® Ready-to-use Enema	✓	✓
	Phosphate enema	✓	✓
<b>Softening laxatives</b>			
	Docusate	✓	✓
<b>Stimulant laxatives</b>			
	Senna (1 <sup>st</sup> line)	✓	✓
	Bisacodyl (2 <sup>nd</sup> line)	✓	✓
	Co-danthramer (palliative care use only)	✓	✓
	Glycerol suppositories	✓	✓
<b>Comment:</b> Prolonged use of stimulant laxatives is not recommended.			
<b>Opioid receptor antagonists</b>			
	Naloxegol (Movantik®)	⊕	✓

3. Diarrhoea		Primary Care	Acute/ Specialist Services
<b>Comment:</b> Prevention of electrolyte depletion and replacement of electrolyte is 1st line treatment in acute diarrhoea. Oral rehydration therapy is listed in section 9.2. Codeine recommended only in short-term use due to CNS side effects and dependence.			
Antidiarrhoeals			
	Codeine Phosphate	✓	✓
	Loperamide (Note: - High doses may be used in Short Bowel Syndrome patients)	✓	✓

4. Exocrine pancreatic insufficiency		Primary Care	Acute/ Specialist Services
Pancreatin			
	Creon®	⊕	✓
	Pancrex V®	⊕	✓

## 5. Food Allergy – No formulary choices

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6. Gastric acid disorders and ulceration		Primary Care	Acute/ Specialist Services
<b>Comment:</b> Also refer to Forth Valley <a href="#">Dyspepsia Management Guidelines</a> .			
<b>Dyspepsia</b>			
<b>Antacids - Alginates</b>			
	Peptac (1 <sup>st</sup> line) (sodium alginate+calcium carbonate+sodium bicarbonate)	✓	✓
	Gaviscon Advance® (2 <sup>nd</sup> line) (sodium alginate + potassium bicarbonate)	✓	✓
	Infant Gaviscon® (magnesium alginate + sodium alginate)	✓	✓
<b>Aluminium and Magnesium containing antacids</b>			
	Co-magaldrox (Mucogel®)	✓	✓

6.2 Gastric and Duodenal Ulceration		Primary Care	Acute/ Specialist Services
<b>Gastroprotective complexes and chelators</b>			
	Sucralfate oral suspension 1g/5ml	⊕	✓
<b>Comment:</b> Sucralfate tablets are only available as an unlicensed special. Licensed oral suspension should be prescribed in preference to tablets.			
<b>H2-receptor antagonists</b>			
<b>No formulary choice</b>			
<b>Proton pump inhibitors</b>			
<b>Comment:</b> Also refer to NHS Forth Valley – <a href="#">PPI Prescribing – Step Down in Long Term Use Guidance</a>			
	Omeprazole Capsules (1 <sup>st</sup> line)	✓	✓
	Lansoprazole Capsules (2 <sup>nd</sup> line)	✓	✓
	Esomeprazole (3 <sup>rd</sup> line)	✓	✓
	Esomeprazole (i.v.)		✓
	Pantoprazole (i.v.)		✓

6.3 Gastro-oesophageal reflux disease		Primary Care	Acute/ Specialist Services
<b>Antacids – Alginates</b>			
	Peptac® (1 <sup>st</sup> line)	✓	✓

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	(sodium alginate+calcium carbonate+sodium bicarbonate)		
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7 Gastro-intestinal smooth muscle spasm		Primary Care	Acute/ Specialist Services
<b>Antispasmodics</b>			
	Mebeverine (not MR preparation) (1 <sup>st</sup> line)	✓	✓
	Hyoscine Butylbromide (2 <sup>nd</sup> line)	✓	✓

8 Liver disorders and related conditions		Primary Care	Acute/ Specialist Services
<b>Bile acids</b>			
	Ursodeoxycholic acid (1 <sup>st</sup> line) (preferred formulation 250mg capsules)	⊕	✓
	Obeticholic acid (2 <sup>nd</sup> line)		✓
<b>Bile acid sequestrants</b>			
	Colestyramine	⊕	✓

9 Obesity		Primary Care	Acute/ Specialist Services
	Liraglutide (Saxenda <sup>®</sup> )	⊕	✓
	Orlistat	⊕	✓
<p><b>Comment:</b> Prescribing of Saxenda<sup>®</sup> and orlistat in Primary Care should only be undertaken following an initial assessment and recommendation by the FV Weight Management Service. Patients with BMI&gt;30 with co-morbidities as per SMC restrictions can be referred to the weight management service.</p> <p>Liraglutide should be <b>prescribed as the brand name Saxenda<sup>®</sup></b> if being prescribed for obesity management.</p> <p>For Saxenda<sup>®</sup>, in order to continue treatment patients must demonstrate at least a 5% weight loss from baseline after 3 months and a 10% weight loss after 12 months. Duration of treatment should be for a maximum of 2 years. Also see <a href="#">SMC restrictions</a> for prescribing.</p> <p>For further support patients should be signposted to the <a href="#">Choose to Lose Website</a> and <a href="#">NHS Forth Valley weight management site</a></p>			

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10. Rectal and anal disorders		Primary Care	Acute/ Specialist Services
<b>Anal fissures</b>			
	Glyceryl trinitrate rectal ointment 0.4% (Rectogesic®)	✓	✓
	Diltiazem 2% cream, ointment (unlicensed special)	⊕	✓

10.2 Preparation for Haemorrhoids		Primary Care	Acute/ Specialist Services
	Anusol®	✓	✓
	Anusol HC®	✓	✓
	Uniroid HC® (cinchocaine with hydrocortisone)	✓	✓
<b>Comment:</b> Uniroid HC® 1 <sup>st</sup> line if steroid containing preparation with anaesthetic is required, but steroid preparations are not 1 <sup>st</sup> line and should be used for no longer than seven days at a time.			
	Xyloproct® Ointment (hydrocortisone with lidocaine)	✓	✓
	Lidocaine (lignocaine) gel		✓

11. Stoma Care		Primary Care	Acute/ Specialist Services
Refer to <a href="#">NHS Forth Valley Stoma Formulary</a>			

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