

2020/21 Savings Recommendations

Prescribe Well – Spend Less



Bath and North East Somerset,
Swindon and Wiltshire
Clinical Commissioning Group

Category	Recommendation (See SystmOne TPP searches under Meds Management Reporting)	FROM	TO	SAVING per PATIENT per YEAR	Link to MMT website statement
1. Diabetic appliances	Stop unnecessary glucose test strips (not on insulin, or sulphonylureas)	On test strips	STOP	£195	Blood Glucose Monitoring in Diabetes
	Use glucose test strips <£10/pack	Aviva, FreeStyle Optium, OneTouch, Compact, Active	T2: True Metrix T1: As per specialist, but Glucomen Areo 2k meter is recommended *Aviva and Freestyle Optium may be required by very complex T1 patients	Varies greatly with use and brand	
	Use insulin pen needles <£6/box	Unifine, BD Microfine, Clickfine	GlucoRx fine point or BD Viva	£6 per box	
	Alogliptin as first-line gliptin	Sitagliptin, Saxagliptin, Vildagliptin	Alogliptin (Monotherapy Not licensed)	£100	
2. Emollients/creams Incl. Shower gels & bath oils	Switch to cost-effective creams, including Cetraben for leg ulcer care	Diprobase, Cetraben, E45, aqueous cream	Epimax (or ExCetra for leg ulcer care)	£40	Emollient Prescribing Guidelines <i>*Do NOT prescribe 300ml bottles of Aveeno. Prescribe 500ml bottles as more cost-effective</i>
	*Stop moisturising creams used occasionally for dry skin. Patients	Aveeno Doublebase gel	AproDerm Colloidal Oat Isomol gel		
	Diabetic Foot	Flexitol Heel Balm (this is twice daily application)	Dermatonics <i>Once</i> Heel Balm	£1 per tube but lasts twice as long	
	Stop use - use moisturising emollient as soap substitute (for all patients including young children)	Any bath preparation, bath oil, shower gel or wash	STOP Can offer Epimax or Isomol as soap substitute	£15	
3. Generic/Brand Optimisation	Avoid "ghost" generics	These appear on system as Drug, strength (Manufacturer)	Plain generic	£10 - £100	Open prescribing Contact Meds Op ED guidance
	Prescribe as generic	Cialis (20mg or 10mg)	Tadalafil	£336	

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		Viagra	Sildenafil	£296		
		Arimidex or Femara	Anastrozole or Letrozole	£800-£1000		
		Crestor	Rosuvastatin	£245		
		Lipitor	Atorvastatin	£302		
		Losec or Nexium	Omeprazole or Esomeprazole	£200		
		Nasonex	Mometasone	£78		
		Vesicare	Solifenacin	£360		
		Zyprexa velotab or Olanzapine <i>oral lyophilisates</i>	Olanzapine tablets (or use orodispersible s/f)	£1000		
		Cerazette	Desogestrel	£27		
		Keppra	Levetiracetam	Up to £1000		Category 3 Antiepileptic
	Prescribe as generic – all glaucoma eye drops, single and combination preparations	Xalacom	Latanoprost & Timolol	£159		
		Xalatan	Latanoprost	£144		
		Cosopt	Dorzolamide/Timolol	£110 - £180		
		Alphagan	Brimonidine	£72		
		Azopt	Brinzolamide	£66		
3. Generic/Brand Optimisation	Prescribe as specified BRAND (Avoid prescribing as originator brand at Drug Tariff prices)	Mirapexin or Pramipexole MR	Pipexus	£200 - £2000		
		Venlafaxine MR caps & tabs 37.5mg, 75mg, 150mg (for 225mg see section 5)	Vencarm XL	Up to £25		MOP UP Newsletter Oct 2019
		Durogesic or fentanyl patch	Mezolar Matrix (or Matrifen)	£600		
		Seroquel XL or any brand of	Brancico XL	£700		

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		quetiapine MR			
		Diltiazem 60mg MR tab	Tildiem	£444	Diltiazem Dosing Regimes
		Oxycodone MR	Longtec	£496	
		Oxycodone IR	Shortec	£475	
		Reminyl or galantamine XL	Gatalin (or Gazylan)	£300 - £500	
		BuTrans or buprenorphine patch	Bunov	£126 - £400	
		Stalevo	Sastravi	Up to £400 (50%)	
		Simple eye ointment	Hylo-Night	£200	
		Asacol	Octasa	£163	
		Morphine Sulphate solution	Oramorph	20%	
		Exelon or rivastigmine patch	Alzest	£130 - £550	
		Requip or ropinirole MR	Ipinnia XL	£90 - £300	
		ISMN 60mg MR tab	Monomil	£91	
		Movicol	Laxido, Cosmocool or generic	£50	
		Metformin modified release	Sukkarto	£24 - £39	
		AdcalD3, Calceos, Calcichew D3 Forte, Natecal, generic calcium & vit D supplementation	Accrete D3 (<i>chewable tablets</i> - 1 OD or <i>Film coated</i> - swallow 1BD) Adcal caplets can be used for Dosettes	£13	Most cost-effective brand, switch if discharged on Adcal D3 chewable formulation.
		Co-careldopa	Sinemet	Depends on dose	
		Forceval	Valupak <i>Multivitamin and Mineral One a Day</i> Dialysis patients are exempted from this	£60	<i>Ensure you pick the correct Valupak product</i>

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		Carbomer 980	Clinitas (or Viscotears)	£17	
		Ibugel 10% or ibuprofen gel Voltarol gel Feldene gel	Fenbid Forte 10%	£1.79 per tube	Use 100g pack size
		Hyaluronic acid eye drops Hylo-Tear, Hylo-Forte...	VIZhyal 0.4% (Hydramed 0.2% if pt finds VIZhyal too thick)	Up to £60 depending on usage	BSW Dry Eye guidance Avoid switching if very severe cases
4. Inhalers <i>Continued changes in pricing of ICS/LABA inhalers – initiate new patients on formulary choices.</i>	Prescribe by BRAND – avoid generic combination inhalers Switch Seretide 250/25 or 125/25 to equivalent BRAND	Seretide Evohaler Fluticasone/salmeterol 250/25 or 125/25 MDI	AirFlusal <i>(all fluticasone/salmeterol are non-formulary in asthma – do NOT start new patients)</i> Fostair: <i>For COPD patients who need a pMDI</i>	£200 - £300	Diagnosed Adult Asthma: Guidance on adjusting treatment BSW COPD guidance
<i>Review patients’ current treatment and switch when appropriate</i>	Switch and prescribe by brand	Symbicort DuoResp Budesonide/formoterol 200/6 or 400/12	Fobumix <i>(Symbicort or DuoResp non- formulary)</i>	£90	
<i>Remember to consider inhalation technique</i>	Switch	Qvar 50 &100 (Note: NOT the Autohaler or Easi- breathe)	<i>Kelhale 50 & 100 (Same device. Dose counter to help patient use the full inhaler and order timely)</i>	£30-£80	
<i>DPI have a reduced environmental</i>	COPD guidance only recommends low dose ICS <i>Seretide Accuhaler not on Asthma guidance. For Asthmatic patients, consider this switch carefully and assess patient</i>	Seretide 500/50 accuhaler	Relvar 92	£155	BSW COPD Guidance (Aug 2019)
	Switch as per COPD guidance	Tiotropium 18mcg or Spiriva DPI (not Respimat)	Braltus	£107	Template letter – Spiriva to Braltus

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<i>footprint than pMDIs</i>	Switch to single inhaler (higher strength Relvar not on searches as indicated for asthma not COPD)	Relvar 92 & Incruse	Trelegy	£65	Consider carefully whether patient truly needs Triple therapy or LABA/LAMA BSW COPD Guidance	
5. Medicines Optimisation	Venlafaxine MR – optimise the 225mg strength as per method in the box opposite	Venlafaxine MR 225mg caps & tabs	Vencarm XL 150mg + 75mg Or Vencarm XL 225mg	£528 £480	OAB guidance OAB leaflet	
	Prescribe as separate ingredients	Competact	pioglitazone 15mg & metformin 850	£433		
	Non-formulary Antimuscharinics	Fesoterodine / Darifenacin	Deprescribe Or Solifenacin	£hundreds depending on strength		
	Replace gabapentin 800mg tablets with 400mg capsules	1 x 800mg tablet	2 x 400mg capsules	£180		
	Prescribe Solifenacin as once daily	5mg BD	10mg OD	£30		OAB guidance
	Avoid expensive CCB	Felodipine MR	Amlodipine	£50		
	Avoid GR and liquid versions unless necessary	Naproxen GR, effervescent, suspension	Naproxen standard	Up to £15 per pack		High prescribing since supply issues. Unlikely to be necessary
	Change in guidance, Vit B compound no longer recommended for alcoholism	Vitamin B compound (standard & strong)	Deprescribe	Up to £200		RMOC position
	Omeprazole expensive formulations	Omeprazole Tablets	Omeprazole capsules	£60		
Unexpectedly expensive items	Multiple drugs and formulations		Depends on item but £hundreds	Contact Meds Op for advice Useful link		

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	Avoid sodium cromoglicate eye drops – other eye drops available	Sodium cromoglicate eye drops	Consider olopatadine eye drops. (<i>Rapitol discontinued</i>)	£5 per bottle	Large price increase – 13.5ml now costs £12.56
6. NHSE Low Value Medicines (LVM)	Avoid prescribing - poor NHS value	Dicycloverine (any dose and formulation)	Mebeverine, Hyoscine, Alverine, Mintec	Up to £1,968	
	STOP prescribing	Co-Proxamol	Paracetamol +/- weak opioid	Up to £1,937 depending on usage	NHSE Low Value Medicine Co-proxamol NHSE Low Value Medicines Blacklist
	STOP prescribing once daily tadalafil (Cialis) (<i>Guidance still valid even with changes in pricing; generic 5mg reduced to £6.87 but 2.5mg cost unchanged @ £54.99/28</i>)	Cialis OD (2.5mg or 5mg)	Sildenafil or Tadalafil (once a week or on demand PRN)	£676 (<i>if brand</i>)	ED statement NHSE Low Value Medicines Do not prescribe
	Prescribe as separate ingredients	Tramacet	Tramadol & Paracetamol	£70	NHSE Low Value Medicines Do not prescribe
	Avoid prescribing combination - LVM	Targinact (oxycodone & naloxone)	Opioid & separate laxative	£500	NHSE Low Value Medicines Trimipramine & Dosulepin (includes patient information and letter)
	Swap to alternative	Trimipramine	Alternative antidepressant	£4000	NHSE Low Value Medicines Do not prescribe
	Swap to alternative	Dosulepin	Alternative antidepressant. SAFETY ISSUE	£200 <i>if on 75mg tabs</i>	
No new initiations, stop	Lidocaine patches	If can't be stopped, prescribe Ralvo brand	£868	NHSE Low Value Medicines Do not prescribe	
7. Self-Care/OTC	Stop eyelid hygiene products	Blephasol, Blephagel, Blephaclean	Stop or purchase OTC	Up to £50	Blepharitis
	Advise purchase topical rubefaciants OTC	Movelat	Purchase OTC (or swop to Fenbid (ibuprofen) if appropriate)	Up to £50 depending on use	NHSE Low Value Medicines Do not prescribe

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