

2021/22 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, Clickfine	GlucorX fine point or BD Viva	£6 per box	
2. Emollients/creams Incl. Shower gels & bath oils	Switch to cost-effective creams, including Cetraben. Do not switch in leg ulcer patients *Stop moisturising creams used occasionally for dry skin patients	Diprobase, Cetraben, E45, aqueous cream Aveeno Doublebase gel	Epimax (or ExCetra for leg ulcer care) AproDerm Colloidal Oat Isomol gel	£40	Emollient Prescribing Guidelines
	Diabetic Foot	Flexitol Heel Balm (this is twice daily application)	Dermatonics <i>Once</i> Heel Balm	£1 per tube but lasts twice as long	

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	Stop use - use moisturising emollient as soap substitute <i>(for all patients including young children)</i>	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 <i>(Manufacturer)</i>	Plain generic	£10 - £100	Open prescribing Contact Meds Op
	Prescribe as generic	Cialis (20mg or 10mg)	Tadalafil	£336	ED guidance
		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	Xalacom	Latanoprost & Timolol	£159	

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	glaucoma eye drops, single and combination preparations	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		
		Dovobet and Calcipotriol 0.005%/Betamethasone Dipropionate 0.05% ointment	Dalonev ointment	Up to £90		
		Venlafaxine MR caps & tabs 37.5mg, 225mg	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 quetiapine MR	Brancico XL Second line: Zaluron XL (If Brancico not tolerated)	£700		
		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 Second line: Butec (if Bunov not tolerated)	£126 - £400		

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		Stalevo	Sastravi	Up to £400 (50%)	
		Asacol	Octasa	£163	
		Exelon or rivastigmine patch	Alzest	£130 - £550	
		Requip or ropinirole MR	Ipinnia XL	£90 - £300	
		ISMN 60mg MR tab	Monomil	£91	
		Movicol	Laxido Orange Cosmocol if Plain or Lemon and Lime	£50	
		Metformin modified release 1g and 750mg only	Sukkarto	£24 - £39	
		Calcichew 1000/800, Calcichew D3 chewable	Accrete D3 (<i>chewable tablets</i> - 1 OD or <i>Film coated</i> - swallow 1BD) Adcal caplets can be used for Dossettes	£45	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 and Bariatric and Gastric surgery patients are exempted from this switch	£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
		Estradiol 10microgram vaginal tablets or Vagifem	Vagirux	Between £21 - £27	Vagirux has a single multi-use applicator which can be used up to 24 times and is recyclable.
		Hyaluronic acid eye drops Hylo-Tear, Hylo-Forte...	Hydramed 0.2% Second line VIZhyal 0.4% (if patient prefers a more viscous preparation)	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. Review patients' current treatment and switch when appropriate</i>	Prescribe by BRAND – avoid generic combination inhalers Switch Seretide 250/25 or 125/25 to equivalent BRAND Involve respiratory nurses in decision making/copy them in	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: For COPD patients who need a pMDI	£200 - £300	Diagnosed Adult Asthma: Guidance on adjusting treatment BSW COPD guidance
	Switch and prescribe by brand	Symbicort DuoResp Budesonide/formoterol 200/6 or 400/12	Fobumix <i>(Symbicort or DuoResp non-formulary)</i>	£90	

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<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 footprint than pMDIs</i>	COPD guidance only recommends low dose ICS Seretide Accuhaler not on Asthma guidance. For Asthmatic patients, consider this switch carefully and assess patient	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
	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	Non-formulary Antimuscarinic's	Fesoterodine / Darifenacin	Deprescribe Or Solifenacin	£hundreds depending on strength	OAB guidance OAB leaflet
	Replace gabapentin 800mg tablets with 400mg capsules	1 x 800mg tablet	2 x 400mg capsules	£180	
	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

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	Change in guidance, Vit B compound no longer recommended for alcoholism	Vitamin B compound (standard & strong)	Deprescribe	Up to £200	RMO position
	Omeprazole expensive formulations	Omeprazole tablets	Omeprazole capsules	Up to £300	
	Replace sertraline 25mg tablets with 25mg dose achieved by taking half a 50mg tablet or a 50mg tablet taken on alternate days	28 x 25mg tablets	14 x 50mg tablets	Approx £159	Sertraline 25mg are not in the Drug tariff and not included on BSW Formulary. The only indications for this strength is the initial 7 days dose titration in adults for panic disorder, post-traumatic stress disorder and social anxiety disorder and in children for obsessive compulsive disorder.
	Unexpectedly expensive items	Multiple drugs and formulations		Depends on item but £hundreds	Contact Meds Op for advice Useful link
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
	Switch to similar preparation	Simple eye ointment	Hyo-Night	£658	
	STOP prescribing once daily tadalafil (Cialis) <i>(Guidance still valid even with changes in pricing; generic 5mg reduced to</i>	Cialis OD (2.5mg or 5mg)	Sildenafil or Tadalafil (once a week or on demand PRN)	£676 (if brand)	ED statement NHSE Low Value Medicines Do not prescribe

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	<i>£6.87 but 2.5mg cost unchanged @ £54.99/28)</i>				
	Avoid prescribing combination - LVM	Targinact (oxycodone & naloxone)	Opioid & separate laxative	£500	NHSE Low Value Medicines Do not prescribe
	Swap to alternative	Trimipramine	Alternative antidepressant	£4000	NHSE Low Value Medicines Trimipramine & Dosulepin (includes patient information and letter)
	Swap to alternative	Dosulepin	Alternative antidepressant. SAFETY ISSUE	£200 if on 75mg tabs	
	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
	Advise purchase sodium cromoglicate eye drops for rhinitis/allergies	Sodium cromoglicate eye drops	Stop or purchase OTC	Up to £20	https://prescribing.bswccg.nhs.uk/?wpdmdl=6615
8. Unexpectedly Expensive Items	Run search to see if any of these items are being prescribed	For example: amitriptyline 10mg/5ml	25mg/ 5ml and 50mg / 5ml are a lot more cost-effective		None of the drugs found in the search will be switched without discussions with the practice first. Many may just need a review.

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Legend for colour codes

Straight forward switch
Complex switch
Prescriber only to switch