

Informing Prescription Clerks and Practice Staff who manage repeat prescription requests about changes to local prescribing guidelines and prescription services as well as providing updates on medicine related matters.

ALIGNING AND SYNCHRONISING REPEAT MEDICATION

Repeat medication can go out of alignment when new medication is started or where quantities don't match with the usual reordering frequency e.g. once daily dosing with a mixture of both 28 and 56 tablets on repeats.

We have come across examples where patients are ordering multiple times a month for repeat medication as they run out at different times. This creates additional workload for the GP practice, as well as community pharmacies, not to mention the inconvenience to patients and can lead to medicines wastage.

In order to reduce the number of multiple requests for an individual patient, repeat medication quantities should be **aligned and synchronised**, as this will decrease the total number of prescription requests the practice receives overall.

It may be a simple case of aligning and updating the quantities on the repeat medication or some medication may need to be synchronised. The patient should be asked how many tablets they will need to bring each of their medications into alignment and a **'one-off' prescription** can be issued for the appropriate quantity. This can be done by a member of the pharmacy team, during a medication review or the community pharmacy may be able to ask the patient to check quantities at home.

While it may appear time-consuming to synchronise medication, there are longer term benefits on practice workload and if not already doing so, practices are encouraged to discuss and implement this.

A "synchronising repeat medicines form" can be found at the end of this newsletter.

BRAND AND GENERIC SWITCHING

It is usually more cost-effective to prescribe generically and in England, 81% of all drugs in primary care are already prescribed generically, generating significant savings for the NHS. There are still more savings to be made by switching brands to generic, if clinically appropriate, and any savings can be re-invested in the NHS. If a medicine is prescribed by the generic name, the community pharmacist may dispense any suitable generic or branded product, which can reduce delays in supplying medicines to the patient.

The Medicines Optimisation team have compiled a list of medicines which have a more cost-effective option and which contain exactly the same active ingredient as the branded medication. These switches will be agreed with the practice prescribing lead prior any changes being made. The change will be noted in the pharmacy and patient boxes on the individual medication and documented in the patient consultation that "Patient switched from trade to generic <name of drug> as per Frimley ICS MOT switching protocol 2023."

Some medicines should only be prescribed by brand and these will not be switched to generic.

Medication on electronic repeat dispensing (eRD) will not be switched by the Medicines Optimisation team. Patients can be reassured that the medication contains exactly the same active ingredient and the current supply of medication should be used before starting the new one.

For information- a list of medication that may be considered for switching is attached.

For repeat prescriptions training for admin staff /prescription clerks or any other queries please contact your Medicines Optimisation Pharmacist via frimleyicb.prescribing@nhs.net.

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Complete list of items for suggested switches to more cost-effective equivalent products		
Switch from less cost-effective item		Switch to cost-effective equivalent
Abilify 5/10/15/30mg tablets	→	Aripiprazole 5/10/15/30mg tablets
Aricept 5/10mg tablets	→	Donepezil 5/10mg tablets
Arimidex 1mg tablets	→	Anastrozole 1mg tablets
Aromasin 25mg tablets	→	Exemestane 25mg tablets
Asacol 400/800mg MR gastro-resistant tablets / generic mesalazine 400/800mg MR gastro-resistant tablets	→	Octasa 400/800mg MR gastro-resistant tablets
Azilect 1mg tablets	→	Rasagiline 1mg tablets
Cerelle/Cerazette 75mcg tablets	→	Desogestrel 75microgram tablets
Cialis 2.5mg/5mg/10mg/20mg tablets	→	Tadalafil 2.5mg/5mg/10mg/20mg tablets
Cipralext 5mg/10mg/20mg tablets	→	Escitalopram 5mg/10mg/20mg tablets
Cipramil 20mg tablets	→	Citalopram 20mg tablets
Circadin 2mg modified-release tablets	→	Melatonin 2mg modified-release tablets
Combodart capsules	→	Tamsulosin 400microgram / Dutasteride 500microgram capsules
Cosopt 20mg/ml / 5mg/ml eye drops / Cosopt 20mg/ml / 5mg/ml eye drops 0.2ml unit dose preservative free	→	Dorzolamide 20mg/ml / Timolol 5mg/ml eye drops / Dorzolamide 20mg/Timolol 5mg/ml eye drops 0.2ml preservative free
Crestor 5mg/10mg/20mg/40mg tablets	→	Rosuvastatin 5mg/10mg/20mg/40mg tablets
Dovobet gel, ointment	→	Calcipotriol 0.005% / Betamethasone dipropionate 0.05% ointment / gel
Duac Once Daily gel (5% and 1%)	→	Benzoyl peroxide 5%/Clindamycin 1% gel
Efexor XL/ Venaxx XL/ Vensir XL 75mg capsules	→	Venlafaxine 75mg modified-release tablets
Sunveniz XL 75mg tablets	→	Venlafaxine 75mg modified-release tablets
Efexor XL/ Venaxx XL 150mg capsules	→	Venlafaxine 150mg modified-release capsules
Vensir XL 225mg capsules	→	Venlafaxine 225mg modified-release capsules
Eliquis 2.5mg/5mg tablets	→	Apixaban 2.5mg/5mg tablets
Femara 2.5mg tablets	→	Letrozole 2.5mg tablets
Fosamax Once Weekly 70mg tablets	→	Alendronic acid 70mg tablets
Ganfort 0.3mg/ml / 5mg/ml eye drops	→	Bimatoprost 300micrograms/ml / Timolol 5mg/ml eye drops
Glucophage 500/850mg tablets	→	Metformin 500/850mg tablets
Glucophage SR / Sukkarto SR 500/1000mg tablets	→	Metformin 500/1000mg modified-release tablets
Imigran/Imigran Radis tablets 50/100mg tablets	→	Sumatriptan 50/100mg tablets
Imodium Classic / Imodium Original / Imodium IBS Relief 2mg capsules	→	Loperamide 2mg capsules
Inspira 25/50mg tablets	→	Eplerenone 25/50mg tablets
Januvia 25/50/100mg tablets	→	Sitagliptin 25/50/100mg tablets
Keppra 250/500/750/1000mg tablets, 100mg/ml oral solution	→	Levetiracetam 250/500/750/1000mg tablets, 100mg/ml oral solution
Lipitor 10/20/40/80mg tablets	→	Atorvastatin 10/20/40/80mg tablets
Losec 10/20/40mg capsules	→	Omeprazole 10/20/40mg gastro-resistant capsules
Lumigan 100micrograms/ml eye drops	→	Bimatoprost 100micrograms/ml eye drops
Lustral 50/100mg tablets	→	Sertraline 50/100mg tablets
Lyrica 25/50/75/100/150/200/225/300mg capsules, 20mg/ml oral solution	→	Pregabalin 25/50/75/100/150/200/225/ 300mg capsules, 20mg/ml oral solution

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Maxalt 10mg tablets	→	Rizatriptan 10mg tablets
Movicol oral powder lemon & lime/plain/chocolate	→	Macrogol compound oral powder sachets NPF sugar free/Laxido oral powder/ CosmoCol oral powder
Movicol-Half oral powder 6.9g	→	CosmoCol Half oral powder
TransiSoft oral powder 8.5g sachets/Macrogol 3350 oral powder 8.5g sachets sugar free (brand and generic)	→	Macrogol compound oral powder sachets NPF sugar free/Laxido oral powder/ CosmoCol oral powder
Nasonex 50mcg spray	→	Mometasone 50micrograms/dose nasal spray
Neurontin 100/300/400mg capsules, 600/800mg tablets, 250mg/5ml oral solution	→	Gabapentin 100/300/400mg capsules, 600/800mg tablets, 50mg/ml oral solution sugar-free
Nexium 20/40mg tablets	→	Esomeprazole 20/40mg gastro-resistant tablets
Emozul 20mg/40mg gastro-resistant capsules	→	Esomeprazole 20mg/40mg gastro-resistant capsules
Oramorph 10mg/5ml oral solution	→	Morphine sulfate 10mg/5ml oral solution
Physeptone 1mg/ml oral solution SF / 1mg/ml mixture	→	Methadone 1mg/ml oral solution sugar free
Plavix 75mg tablets	→	Clopidogrel 75mg tablets
Procoralan 5mg/7.5mg tablets	→	Ivabradine 5mg/7.5mg tablets
Protopic 0.1% ointment	→	Tacrolimus 0.1% ointment
ReQuip 1/2mg tablets	→	Ropinirole 1/2mg tablets
Seroquel 25/100/200/300mg tablets	→	Quetiapine 25/100/200/300mg tablets
Seroxat 10mg/20mg/30mg tablets	→	Paroxetine 10mg/20mg/30mg tablets
Sinemet 12.5mg/50mg tablets	→	Co-careldopa 12.5mg/50mg tablets
Sinemet Plus 25mg/100mg tablets	→	Co-careldopa 25mg/100mg tablets
Toviaz 4mg/8mg modified-release tablets	→	Fesoterodine 4mg/8mg modified-release tablets
Ursofalk 250mg capsules	→	Ursodeoxycholic acid 250mg capsules
Vagifem 10microgram vaginal tablets	→	Estradiol 10microgram pessaries
Vesicare 5/10mg tablets	→	Solifenacin 5/10mg tablets
Viagra 25/50/100mg tablets	→	Sildenafil 25/50/100mg tablets
Vimpat 50/100/200mg tablets	→	Lacosamide 50/100/200mg tablets
Xalatan 50micrograms/ml eye drops	→	Latanoprost 50micrograms/ml eye drops
Zyprexa 2.5/5/7.5/10/15/20mg tablets	→	Olanzapine 2.5/5/7.5/10/15/20mg tablets

Synchronising repeat medicines form

(This form can be provided to patients to complete and return or used by practices or pharmacies to assist the patient with this.)

If your regular medicines run out at different times, this form can be used to help in synchronising them so you can order them all at the same time in the future.

The next time you need to request your regular medication, count up all the tablets or capsules you have left and fill in the form below.

A “one off” prescription will be issued to synchronise all your medication or the quantities on your regular prescription will be updated. If you order on-line, please just add these details to your next request

Patient name:	
Date of birth:	
Mobile/Tel No:	
Date of request:	

Name of regular medications	Strength	How many do you take a day? (Dosage)	Quantity left?
EXAMPLE <i>Aspirin dispersible tablets</i>	<i>75mg</i>	<i>1 each morning</i>	<i>12</i>

Please note: some medications may not always be suitable for synchronisation, e.g. painkillers, insulin, warfarin, creams/ointments, “when required” medications.