

## Minor Eye Conditions service (MECS) formulary

### Recommendation

Please note preparations for patient own use for minor eye conditions should **not routinely be supplied or prescribed in primary care**: All primary care services must provide a consistent message regarding the NHSE guidance which is available [here](#).

Steps for self-management should be recommended and continued as may avoid the need for treatment – see below and overleaf for information. Useful information is also provided by NHS Choices on dry eyes <https://www.nhs.uk/conditions/dry-eyes/> hayfever <https://www.nhs.uk/Conditions/Hay-fever/> conjunctivitis <https://www.nhs.uk/conditions/conjunctivitis/>

**Preparations available on formulary are shown overleaf**

**Practitioners delivering the MECS service must follow the following process for preparations required for patients' own use**

- Where optometrists and GPs feel **self-care** is an option, they should explain this to the patient and how to obtain the item. The item and the fact that **self-care** was recommended, must be confirmed in the written communication to the patient's registered GPs
- If supply is required due to a 'general exception (see below), information on the item and the fact that a relevant exception applied must be confirmed in the written communication to the GP.
  - If this is a one-off supply, the optometrist should provide the required medication.
  - If on-going supply is likely, the optometrist should explain to the patient that:
    - Self-care is the usual route of supply.
    - The patient's registered GP practice will review whether the general exception applies and the item may **not** automatically be continued to be provided on prescription.
    - Optometrists will also provide the generic name of the equivalent 'on formulary' item in written information to the GP. The reason for this is that the brand names of items available over the counter which can be supplied by the optometrist may vary from those listed on GP clinical systems.

**Patients must not be directed back to their GP to obtain a prescription.**

**A pro-forma to support self-care is provided on page three of this document.**

**General exceptions to the NHSE guidance have been summarised as:**

- Over the counter (OTC) treatment required for a long term condition
- Symptoms that suggest the condition is complex/not minor
- Treatment for complex patient
- Prescription only status for this patient
- Outside of product licence
- Condition that has not responded to OTC treatments
- Prescriber's decision (exceptional)
- Unable to self-manage

**Approved by:** East Kent Prescribing Group (Representing Ashford CCG, Canterbury and Coastal CCG, South Kent Coast CCG and Thanet CCG) **Date: November 2018**

**Address:** c/o Canterbury and Coastal CCG, Ground Floor, Council Offices, Military Road, Canterbury, Kent, CT1 1YW **Contact:** T: 03000 425 019 | E: [accg.eastkentprescribing@nhs.net](mailto:accg.eastkentprescribing@nhs.net)

## Minor Eye Conditions service (MECS) formulary

Type of product	Product	Lubricant/ Brand	Pack size	Preservative	Expiry once opened	Suitable with contact lenses?	Cost per pack*
First line- dry eye lubricant	Hypromellose 0.3% eye drops	Hypromellose	10ml	Varies	28 days	No	£1.31
First line- dry eye lubricant	Clinitas Carbomer 0.2% eye gel	Carbomer	10g	Cetrimide	28 days	No	£1.40
First line- dry eye lubricant	Evolve Hypromellose 0.3% eye drops preservative free	Hypromellose	10ml	None	3 months	Yes	£1.98
Eye Oint	HydraMed night eye ointment preservative free	Paraffin based	5g	None	90 days	No	£2.32
Eye Oint	Xailin Night eye ointment preservative free	Paraffin based	5g	None	60 days	No	£2.51
Eye Oint	VitA-POS eye ointment preservative free	Paraffin based	5g	None	6 months	No	£2.75
Second line-dry eye lubricants	Hylo-Fresh 0.03% eye drops preservative free	Sodium hyaluronate	10ml	None	6 months	Yes	£4.95
Second line-dry eye lubricants	Evolve Carmellose 0.5% eye drops preservative free	Carmellose	10ml	None	3 months	Yes	£4.99
Specialist initiation	Xailin HA 0.2% eye drops	Sodium hyaluronate	10ml	None	28 days	Yes	£7.19
Specialist initiation	Hyabak 0.15% eye drops preservative free	Sodium hyaluronate	10ml	None	3 months	No	£7.99
Specialist initiation	Hylo-Tear 0.1% eye drops preservative free	Sodium hyaluronate	10ml	None	6 months	Yes	£8.50
Specialist initiation	Thealoz Duo eye drops preservative free	Hyaluronic acid+ trehalose	10ml	None	3 months	Yes	£8.99
Specialist initiation	Hylo-Forte 0.2% eye drops preservative free	Sodium hyaluronate	10ml	None	6 months	Yes	£9.50
Antihistamine	Azelastine 0.05% eye drops		8ml	Benzalkonium chloride	28 days	see note 1	£6.40
Mast cell stabiliser	Lodoxamide 0.1% eye drops		10ml	Benzalkonium chloride	28 days	see note 1	£5.21
Antimicrobial	Chloramphenicol 0.5% eye drops		10ml	Borax	28 days	see note 3	£1.44
Antimicrobial	Chloramphenicol 1% eye ointment		4g	None	28 days	see note 4	£2.25
Antimicrobial	Fusidic acid 1% modified-release eye drops**		5g	Benzalkonium chloride	28 days	see note 2	£29.06
Antimuscarinic	Minims tropicamide 0.5% eye drops 0.5ml unit dose			None			
Antimuscarinic	Minims tropicamide 1% eye drops 0.5ml unit dose			None			
Diagnostic dye	Minims fluorescein sodium 1% eye drops 0.5ml unit dose			None			
Diagnostic dye	Minims fluorescein sodium 2% eye drops 0.5ml unit dose			None			

**1)** Contact with soft contact lenses should be avoided. Contact lenses should be removed prior to application and the patient should wait at least 15 minutes before reinsertion. Known to discolour soft contact lenses.

**2)** Contact lenses should not be worn/used when Fusidic acid eye drops are used. The microcrystalline fusidic acid may cause scratches in the contact lens or cornea. Contact lenses are kept out until all symptoms of the infection have gone.

**3)** Soft contact lenses should not be worn during treatment with chloramphenicol eye drops due to absorption of the preservative onto the lens which may cause damage to the lens. It is recommended that all types of contact lenses be avoided during ocular infections.

**4)** It is recommended that all types of contact lenses be avoided during ocular infections.

\* Drug Tariff cost. Cost when purchased will be higher. \*\*Under MECS contract, reimbursement for fucithalamic gel will be the cost of Chloramphenicol 0.5% eye drops

## Self-Care item

# NO PRESCRIPTION REQUIRED

You have a common condition that can be treated with a medication that is available to buy over the counter from your optometrist or your local pharmacy.

If you require any further information speak to the optometrist or pharmacist

<input type="checkbox"/>	Conjunctivitis	<input type="checkbox"/>	
<input type="checkbox"/>	Dry or sore eyes	<input type="checkbox"/>	
<input type="checkbox"/>	hayfever and allergies	<input type="checkbox"/>	
<input type="checkbox"/>	<b>Other</b> - please indicate below	<input type="checkbox"/>	

**If at any time you are concerned about your condition or if your symptoms are not improving after a few days of treatment with the over the counter medications you should contact your local pharmacist, optometrists or surgery for more advice.**

Useful information is also provided by NHS Choices on

**Dry eyes** <https://www.nhs.uk/conditions/dry-eyes/>

**Hayfever** <https://www.nhs.uk/Conditions/Hay-fever/>

**Conjunctivitis** <https://www.nhs.uk/conditions/conjunctivitis/>

**Please note- -You don't need to avoid work or school with conjunctivitis unless you or your child are feeling very unwell.**