


**INTEGRATED MUSCULOSKELETAL (MSK) SERVICE  
MEDICINES FORMULARY**

[Formulary home page](#)

	<b>Brighton and Hove CCG</b>	<b>Crawley CCG</b>	<b>Horsham and Mid Sussex CCG</b>
<b><u>Non-Specialist Drugs</u></b>	<b><u>Specialist Initiation WITHOUT Shared Care Drugs</u></b>	<b><u>Specialist Initiation WITH Shared Care Drugs</u></b>	<b><u>Specialist ONLY Drugs</u></b>
Suitable for <u>non-specialist</u> initiation.	For specialist initiation or recommendation only and specific on going monitoring (if required) but can then be prescribed by a GP <u>without</u> a shared care guideline.	For specialist initiation only and specific on going monitoring but can then be prescribed by GP <u>with</u> a shared care guideline.	For initiation and continuation (including monitoring) by a <u>specialist only</u> .

**1. CNS medicines used in pain management**

<b><u>1.1</u></b>	<b>Hypnotics</b>
<b><u>1.2</u></b>	<b>Anxiolytics</b>
<b><u>1.3</u></b>	<b>Antidepressant drugs</b>
<b><u>1.3.1</u></b>	<b>Tricyclic and related antidepressant drugs</b>
<b><u>1.3.2</u></b>	<b>Selective serotonin re-uptake inhibitors (SSRIs)</b>
<b><u>1.4</u></b>	<b>Non-opioid analgesics</b>
<b><u>1.5</u></b>	<b>Opioid analgesics</b>
<b><u>1.6</u></b>	<b>Neuropathic pain</b>

**2. Infections**

**3. Endocrine medicines**

<b><u>3.1</u></b>	<b>Glucocorticoid therapy</b>
<b><u>3.2</u></b>	<b>Sex hormones</b>
<b><u>3.3</u></b>	<b>Drugs affecting bone metabolism</b>
<b><u>3.4</u></b>	<b>Bisphosphonates and other drugs affecting bone metabolism</b>

**4. Anaemias and some other blood disorders**




<b><u>4.1</u></b>	<b>Iron-deficiency anaemias – Oral iron</b>
<b><u>4.2</u></b>	<b>Drugs used in megaloblastic anaemias</b>
<b><u>4.3</u></b>	<b>Products routinely used in Primary Care</b>
<b><u>4.4</u></b>	<b>Minerals</b>
<b><u>4.4.1</u></b>	<b>Calcium supplements</b>
<b><u>4.4.2</u></b>	<b>Vitamin D</b>
<b><u>4.4.3</u></b>	<b>Vitamin E</b>
<b><u>4.4.4</u></b>	<b>Multivitamin preparations</b>

**5. Musculoskeletal medicines**

<b><u>5.1</u></b>	<b>Non-steroidal anti-inflammatory drugs</b>
<b><u>5.2</u></b>	<b>Local corticosteroid injections</b>
<b><u>5.3</u></b>	<b>Drugs which suppress the rheumatic disease process</b>
<b><u>5.4</u></b>	<b>Gout and cytotoxic-induced hyperuricaemia</b>
<b><u>5.5</u></b>	<b>Other drugs for rheumatic diseases</b>
<b><u>5.6</u></b>	<b>Skeletal muscle relaxants</b>
<b><u>5.7</u></b>	<b>Drugs for the relief of soft-tissue inflammation</b>
<b><u>5.7.1</u></b>	<b>Enzymes</b>
<b><u>5.7.2</u></b>	<b>Rubefacients and other topical antirheumatics</b>

**6.0 Black list drugs not routinely funded**

<b>1. CNS medicines used in pain management</b>		
<b>1.1 Hypnotics</b>		
Promethazine hydrochloride	Tablets 25mg	First line pharmacological treatment for insomnia
Zolpidem	Tablets 5mg,10mg	Preferential first line hypnotic
Zopiclone	Tablets 3.75 mg,7.5 mg	Second line
Loprazolam	Tablets 1mg	Second line
<b>1.2 Anxiolytics</b>		
Diazepam	Tablets 2 mg,5 mg,10 mg Oral Solution 2 mg in 5 ml Oral Solution 5 mg in 5 ml Injection (Diazemuls®) 10mg/2 ml	
<b>1.3 Antidepressant drugs</b>		
<b>1.3.1 Tricyclic and related antidepressant drugs</b>		
Amitriptyline	Tablets 10mg, 25mg, 50mg Oral solution 25mg in 5ml, 50mg in 5ml	
Nortriptyline	Tablets 10mg, 25mg	
Imipramine	Tablets 10mg, 25mg Oral Solution 25mg/5ml	
Lofepamine	Tablets 70mg Oral suspension 70mg in 5ml	
<b>1.3.2 Selective serotonin re-uptake inhibitors (SSRIs)</b>		
Sertraline	Tablets 50mg, 100mg	
Citalopram	Tablets 10 mg, 20 mg, 40 mg Oral drops SF(as HCl) 40 mg/1ml 8 mg (4 drops) may be considered equivalent to 10 mg tablet	Some important drug interactions. Please see <a href="#">SmPC</a>
Fluoxetine	Capsules 20 mg Liquid 20mg in 5ml	
Paroxetine	Tablets 20mg, 30mg	
<b>1.4 Non-opioid analgesics</b>		
Paracetamol	Tablets 500mg Dispersible tablets 500mg Oral Suspension (SF) 120mg/5ml, 250mg/5ml, Suppository 60mg, 120mg, 240mg, 500mg	Second line option
Co-codamol (Paracetamol and codeine)	Tablets 8/500 Tablets 30/500 Effervescent tablets 8/500 Effervescent tablets 30/500	Current most cost effective 30/500 product in primary care is Zapain Caplets

Co-dydramol 10/500	Tablets 10/500	
<b>1.5 Opioid analgesics</b>		
Burprenorphine (sublingual)	Sublingual tablets, 200mcg, 400mcg	
Burprenorphine (7 day patch)	BuTrans® patches 5mcg/hr, 10mcg/hr, 20mcg/hr	
Burprenorphine (96 hr patch)	TransteC® Patches 35, 52.5, 70 micrograms/hour for 96 hours	
Codeine phosphate	Tablets 15mg, 30mg, 60mg Oral solution 25mg in 5ml Injection 60mg in 1ml 	
Morphine sulphate  except for oral solution 10mg in 5ml	<b>4 hourly dosing</b> Oral solution 10mg in 5ml, 100mg in 5ml Tablets 10mg, 20mg, 50mg	
	<b>12 hourly dosing</b> <b>Zomorph®</b> m/r capsules 10mg, 30mg, 60mg, 100mg, 200mg <b>MST®</b> m/r tablets 5mg, 10mg, 15mg, 30mg, 60mg, 100mg, 200mg MST Suspension® 20 mg/sachet, 30 mg/sachet, 60 mg/sachet, 100 mg/sachet, 200 mg/sachet	Zomorph is the preferred brand in secondary care
Dihydrocodeine	Tablets 30mg	
Fentanyl	Fentanyl patches 12mcg/hr, 25mcg/hr, 50mcg/hr, 75mcg/hr, 100mcg/hr (duration of action 72hrs)	
Tramadol	Capsules 50mg Capsules M/R 50mg, 100mg, 150mg, 200mg Tablets M/R 100mg, 150mg, 200mg	Marol MR ® is the most cost effective preparation in primary care.
Tapentadol	M/R tablets 50 mg (white), 100 mg (yellow), 150 mg (pink), 200 mg (orange), 250 mg (red)	<a href="#">Information sheet</a>
Oxycodone 	<b>4 hourly dosing</b> <b>SHORTEC®</b> Capsules 5mg, 10mg, 20mg <b>OXYNORM®</b> Capsules 5mg, 10mg, 20mg Oral solution 5mg in 5ml, Oral solution 50mg in 5ml (Concentrated) Injection 10mg/ml, 50mg/ml (or via syringe driver) <b>12 hourly dosing</b> <b>LONGTEC®</b> M/R tablet 5mg, 10mg, 20mg, 40mg, 80mg <b>OXYCONTIN®</b> MR tablet 5mg, 10mg, 15mg, 20mg, 30mg, 40mg, 60mg, 80mg, 120mg	<b>SHORTEC®</b> is an immediate release preparation <b>and is more cost effective in many areas</b> <b>OXYNORM®</b> is an immediate release preparation  <b>LONGTEC®</b> is a slow release preparation <b>and is more cost effective in many areas</b> <b>OXYCONTIN®</b> is a slow release preparation

**OXYCODONE WARNING**

MULTIPLE PRESCRIBING ERRORS HAVE OCCURED INVOLVING OXCODONE.

PLEASE BE AWARE OF THE DIFFERENT RELEASE CHARACTERISTICS

**SHORTEC®/OXYNORM®** PRODUCTS ARE IMMEDIATE RELEASE PREPARATIONS & ARE GIVEN EVERY 4 HOURS**LONGTEC®/OXYCONTIN®** PRODUCTS ARE SLOW RELEASE PREPARATIONS & ARE GIVEN EVERY 12 HOURS**1.6 Neuropathic pain: For health economy guidance please see [BHCPCT guidelines](#)**

Amitriptyline	Tablets 10mg, 25mg, 50mg	First line for all types of neuropathy except diabetic neuropathy
Duloxetine	Cymbalta® Capsules 30mg, 60mg	1 <sup>st</sup> line for diabetic neuropathy
Gabapentin	Capsules 100mg, 300mg, 400mg Tablets 600mg, 800mg	First line for all types of neuropathy except diabetic neuropathy
Pregabalin	Capsules 25mg, 50mg, 75mg, 100mg, 200mg, 300mg	Second line if patients respond, but are intolerant of gabapentin

**2. Infections**

Refer to relevant primary care treatment guidelines taking into account local resistance patterns. Antibiotic agents present in agreed primary care guidance are assumed to be approved for use in the service.

**3. Endocrine medicines****3.1 Glucocorticoid therapy**

Prednisolone	Tablets 1mg, 5mg, 25mg Soluble tablets 5mg	
Hydrocortisone	Tablets 10mg, 20mg, Injection 100mg	
Methyl-prednisolone	Injection (as sodium succinate) 125mg, 500mg, 1g, 2g. Injection (as acetate) 40mg in 1ml, 80mg in 2ml (intramuscular depot)	

**3.2 Sex hormones**

Raloxifene	Tablets 60mg	
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**3.3 Drugs affecting bone metabolism**

Calcitonin	Injection 50units/ml, 100units/ml, 200units/ml	
Teriparatide	Injection 250microgram/ml 3ml pre-filled pen for 28 doses	<a href="#">NICE</a>

**3.4 Bisphosphonates and other drugs affecting bone metabolism**

Alendronic Acid Once-Weekly	Tablets 70mg, for once a week doses	
Alendronic acid Daily	Tablets 10mg, for once daily doses	
Risedronate	Tablets 5mg daily, 35mg weekly	
Strontium ranelate	Granules 2g/sachet	
Denosumab (Osteoporosis)	Injection 60mg/ml in pre-filled syringe	Blue <a href="#">information sheet</a> required. Patient must satisfy <a href="#">NICE</a> criteria ONLY APPROVED FOR USE IN WOMEN
Zoledronic acid	Aclasta ® IV infusion 50 microgram/ml	

**4. Anaemias and some other blood disorders****4.1 Iron-deficiency anaemias – Oral iron**

Ferrous sulphate	Tablets 200 mg (equivalent to 65 mg ferrous iron per tablet)	
Ferrous fumarate	Tablets 210 mg (equivalent to 68 mg ferrous iron per tablet) Syrup, 140 mg (45 mg iron)/5mL	Tablets first line Syrup for children and patients with swallowing

		difficulties
Ferrous gluconate	Tablets 300mg (equivalent to 35mg iron per tablet)	
Sodium feredetate (Sytron®)	Elixir SF 190 mg in 5 ml (equivalent to 27.5 mg of ferrous iron per 5 ml)	
<b>4.2 Drugs used in megaloblastic anaemias</b>		
Folic acid	Tablets 5 mg Tablets 400 micrograms Syrup <sup>SF</sup> 2.5 mg in 5 ml	
Hydroxocobalamin	Injection 1 mg in 1ml	
Cyanocobalamin	Tablets 50 micrograms	
<b>4.3 Products routinely used in Primary Care</b>		
Sodium chloride 0.9% for injection	5ml, 10ml, 20ml ampoules 50ml vials	
Water for injection	5ml, 10ml, 20ml ampoules	
<b>4.4 Minerals</b>		
<b>4.4.1 Calcium supplements</b>		
Evacal D <sub>3</sub>	<b>Chewable tablets</b> containing 600 mg calcium and 400 units of vitamin D (as vitamin D <sub>3</sub> )	1 <sup>st</sup> line chewable preparation in primary care
Accrete D <sub>3</sub>	<b>Non chewable tablets</b> containing 600mg calcium and 400 units of vitamin D (as vitamin D <sub>3</sub> ).	1 <sup>st</sup> line non chewable preparation in primary care
Sandocal-400®	Effervescent tablets containing 400 mg calcium	
Sandocal-1000®	Effervescent tablets containing 1000 mg calcium	
Calcium Sandoz®	Syrup containing 108.3 mg calcium in 5 ml	
<b>4.4.2 Vitamin D</b>		
Evacal D <sub>3</sub>	<b>Chewable tablets</b> containing 600 mg calcium and 400 units of vitamin D (as vitamin D <sub>3</sub> )	1 <sup>st</sup> line chewable preparation in primary care
Accrete D <sub>3</sub>	<b>Non chewable tablets</b> containing 600mg calcium and 400 units of vitamin D (as vitamin D <sub>3</sub> ).	1 <sup>st</sup> line non chewable preparation in primary care
Adcal D <sub>3</sub> ®	Chewable tablets containing 600 mg calcium and 400 units of vitamin D (as vitamin D <sub>3</sub> )	
	Dissolve (effervescent tablets), lemon flavour, containing 600 mg calcium and 400 units of vitamin D (as vitamin D <sub>3</sub> )	
Calceos®	Chewable tablets containing 500mg calcium and 400 units of vitamin D (as vitamin D <sub>3</sub> ).	As an alternative to Adcal D <sub>3</sub> where palatability is an issue
Calcichew D3 forte	Chewable tablets containing 500mg calcium and 400 units of vitamin D (as vitamin D <sub>3</sub> ).	As an alternative to Adcal D <sub>3</sub> where palatability is an issue
Calcichew D3 500mg/400unit Caplets	Non chewable Caplets containing 500mg calcium and 400 units of vitamin D (as vitamin D <sub>3</sub> ).	As an alternative to Adcal D <sub>3</sub> where adherence is an issue
<b>Vitamin D deficiency</b>		
<b>HPSU Guidance on Prevention, Investigation and Treatment of vitamin D deficiency and insufficiency has been adopted. Guidance can be found <a href="#">here</a></b>		
Desunin®	Tablets 800 IU colecalciferol (vitamin D3) (equivalent to 20 microgram vitamin D3)	Prevention and treatment of vitamin D deficiency in adults

		and adolescents. See <a href="#">SmPC</a> . <b>Can be swallowed whole or crushed. Gelatine free, do not contain peanut oil</b>
Fultium D <sub>3</sub> <sup>®</sup>	Capsules 800 IU colecalciferol (equivalent to 20 micrograms vitamin D <sub>3</sub> )  Capsules 3,200 IU colecalciferol (equivalent to 80 micrograms vitamin D <sub>3</sub> )	For treatment of vitamin D deficiency. See <a href="#">SPC</a>  Once daily option for treatment of vitamin D deficiency. See <a href="#">SPC</a> <b>Contain arachis oil (peanut oil)</b>
Invita D3 <sup>®</sup>	1ml ampoule for oral use contains 0.625 mg colecalciferol (vitamin D3), equivalent to 25,000 IU vitamin D3.	For those where tabs/caps not suitable. Treatment of vitamin D deficiency <a href="#">SmPC</a>
Ergocalciferol	IM injection 300 000 units/mL in oil	May be difficult to obtain

<b>4.4.3 Vitamin E</b>		
Alpha tocopheryl acetate	Suspension 500 mg in 5 ml	
Menadiol sodium phosphate	Tablets 10 mg	
<b>4.4.4 Multivitamin preparations</b>		
Vitamins BPC	Capsules BPC	Food supplement
Abidec <sup>®</sup>	Drops 25 ml	
<b>5. Musculoskeletal medicines</b>		
<b>5.1 Non-steroidal anti-inflammatory drugs</b>		
Ibuprofen	Tablets 200mg, 400mg Suspension <sup>SF</sup> 100mg / 5 ml	
Naproxen	Tablets 250 mg, 500 mg	
<b>There is evidence that the cardiovascular risk with diclofenac is higher than other non-selective NSAIDs and similar to the selective COX-2 inhibitors</b> <a href="http://www.mhra.gov.uk/Safetyinformation/DrugSafetyUpdate/CON199570">http://www.mhra.gov.uk/Safetyinformation/DrugSafetyUpdate/CON199570</a>		
Diclofenac sodium	Tablets 25mg, 50mg Sustained release caps 75mg, 100mg Suppositories 12.5mg,25mg,50mg,100mg  Injection 75mg in 3ml  Dispersible tablets 50mg	Not for routine use.
<b>Cyclo-oxygenase (COX) II Selective Inhibitors</b>		
<b>Only approved when prescribed in accordance with NICE guidance. In all other cases standard NSAIDs should be used. Please not MHRA warning on cardiovascular risk</b>		
Celecoxib	Capsules 100mg, 200mg	
Etoricoxib	Tablets 30mg, 60mg, 90mg, 120mg	Third line agent

5.2 Local corticosteroid injections		
Methyl-prednisolone acetate	Depo-Medrone® injection 40mg in 1ml, 80mg in 2ml, 120mg in 3ml Depo-Medrone® with Lidocaine injection 40mg+10mg in 1ml. 80mg+20mg in 2 ml	
Triamcinolone acetonide	Adcortyl ® Injection 50mg in 5 ml Kenalog® Injection 40mg/ml	Case reports of adrenal suppression in patients taking CYP3A4 inhibitors eg ritonavir, clarithromycin ketoconazole. Use with caution
Hydrocortisone acetate	Hydrocortistab® injection 25 mg/ml	

5.3 Drugs which suppress the rheumatic disease process		
Sodium aurothiomalate	Injection 10mg amp, 20mg amp, 50mg amp	
Penicillamine	Tablets 125mg, 250mg	
Hydroxychloroquine sulphate	Tablets 200mg	<a href="#">Shared Care</a>
Azathioprine	Tablets 25 mg, 50mg	<a href="#">Shared Care</a>
Ciclosporin	Capsules 25mg, 50mg, 100mg	<a href="#">Shared Care</a>
Leflunomide	Tablets 10 mg, 20 mg	<a href="#">Shared Care</a>
Methotrexate	Tablets 2.5 mg Injection pre-filled syringe 50mg/ml 7.5mg, 10mg, 15mg, 20mg, 25mg doses (Metoject®) Tablets 10mg	<a href="#">Shared Care</a>
Sulfasalazine	500mg tablets EC 500mg tablets	<a href="#">Shared Care</a>
Adalimumab	Pre-filled syringe, 40mg, for subcutaneous injection	<a href="#">NICE</a> : commissioned for for RA, PsA, AS
Certolizumab pegol	Pre-filled syringe, 200mg for subcutaneous injection	<a href="#">NICE</a> : approved for RA only
Etanercept	Powder for reconstitution 25mg vial, 50mg vial, for subcutaneous injection	<a href="#">NICE</a> : commissioned for for RA,PsA, AS
Golimumab	Pre-filled syringes, 50mg, for subcutaneous injection	<a href="#">NICE</a> : commissioned for RA, PsA, AS
Infliximab	Powder for reconstitution, 100mg vial, for IV infusion	<a href="#">NICE</a> : commissioned for RA, PsA, Ulcerative colitis
Rituximab	Concentrate for intravenous infusion 10mg/ml, 10ml vial, 50ml vial	<a href="#">NICE</a> : commissioned for RA
Tocilizumab	Concentrate for intravenous infusion 20mg/ml, 4ml vial, 10ml vial, 20ml vial Pre-filled syringe 162 mg	<a href="#">NICE</a> : commissioned for <a href="#">RA</a>
Abatacept	Powder for reconstitution, abatacept, 250mg, for IV infusion Pre-filled syringe, 125mg	<a href="#">NICE</a> : commissioned for RA as per <a href="#">TA 195</a>

<b>5.4 Gout and cytotoxic-induced hyperuricaemia</b>		
<b>Acute attacks of gout</b>		
Naproxen	Tablets 250 mg, 500 mg	
Diclofenac	Tablets 25 mg, 50 mg Suppositories 12.5 mg, 25 mg, 50 mg, 100 mg  Dispersible tablets 50 mg	Not for routine use
Colchicine	Tablets 500 micrograms	

<b>Long-term control of gout</b>		
Allopurinol	Tablets 100 mg, 300 mg	
Febuxostat	80mg/120mg tablets	<a href="#">NICE</a> approved in allopurinol intolerant patients
Benzbromarone	100mg tablet	Unlicensed

#### 5.5 Other drugs for rheumatic diseases

**Because of a lack of robust efficacy evidence, prescribing of glucosamine on the NHS is not approved**

#### 5.6 Skeletal muscle relaxants

Baclofen	Tablets 10 mg Liquid SF 5 mg in 5 ml	
Dantrolene	Capsules 25mg, 100mg	
Tizanidine	Tablets 2mg, 4mg	
<b>Nocturnal leg cramps</b>		
Quinine Sulphate	Tablets 200 mg, 300 mg	

#### 5.7 Drugs for the relief of soft-tissue inflammation

##### 5.7.1 Enzymes

Hyaluronidase	Powder for reconstitution 1500 units	
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##### 5.7.2 Rubefaciants and other topical antirheumatics

Algesal®	Cream containing diethylamine salicylate 10%	
Ibuprofen	Gel 5%	Second line
Capsaicin (Zacin®)	Cream containing 0.025% capsaicin	



<b>6.0 Black list drugs not routinely funded</b>		
Co-proxamol	Tablets containing paracetamol and dextropropoxyphene hydrochloride	
Prednisone	M/R Tablets 1mg, 2mg, 5mg.	
Alendronic acid with Colecalciferol (Fosavance <sup>®</sup> )	Tablets containing alendronic acid 70 mg and colecalciferol 70 micrograms (2 800 units).	
Ibandronic Acid	Tablets 50mg, 150mg	
Hyaluronic acid	Synvisc <sup>®</sup> , Hyalgan <sup>®</sup> , Durolane <sup>®</sup> .	
Diclofenac with misoprostil	Arthrotec <sup>®</sup> 50 tablets, diclofenac sodium (in e/c core) 50 mg, misoprostol 200 micrograms Arthrotec <sup>®</sup> 75 tablets, diclofenac sodium (in e/c core) 75 mg, misoprostol 200 micrograms Misofen <sup>®</sup> Tablets, diclofenac sodium (in e/c core) 50 mg, misoprostol 200 micrograms Misofen <sup>®</sup> Tablets, diclofenac sodium (in e/c core) 75 mg, misoprostol 200 micrograms	
Naproxen with esomeprazole	M/R Tablets naproxen 500 mg, esomeprazole 20 mg	
Infliximab	Powder for reconstitution, 100mg vial, for IV infusion	<b>Not supported for use in ankylosing spondylitis.</b>
Canakinumab	Subcutaneous injection, 150 mg as a single dose	
Glucosamine	All strengths and preparations	
Amifampridine (Firdapse <sup>®</sup> )	Tablets 10 mg	
Fampridine	Tablets 10 mg	
Cannabis Extract (Sativex <sup>®</sup> )	Oromucosal spray containing dronabinol (delta-9-tetrahydrocannabinol) 27 mg and cannabidiol 25 mg/mL	
Capsaicin	Patches 179 mg	