

Basingstoke, Southampton and Winchester District Prescribing Committee (DPC)

Recommendations of the meeting of Tuesday 8th October 2019

Supported or limited support e.g. Specialist recommendation

Pitolisant (Wakix®) tablets-The Committee supports the specialist use of pitolisant for the treatment of narcolepsy with or without cataplexy. It should be used only when conventional stimulants have failed or are not tolerated, for patients aged ≥18 years who are otherwise eligible for sodium oxybate but who are either unsuitable for/do not tolerate sodium oxybate. Consider adding to formularies as RED.

Flecainide oral solution 25mg in 5ml – supported for cardiac arrhythmias in infants /children unable to swallow tablets – The committee recommends adding to formularies as AMBER

Not supported

Melatonin 1mg/ml oral solution (Colonis Pharma Ltd) – The Committee does not support the use of this product locally. It is licensed for the short-term treatment of jet lag in adults. It is not recommended for use in children and adolescents due to safety and efficacy concerns.

Cariprazine (Reagila®) capsules - Based on evaluation of the evidence for efficacy, safety and cost effectiveness, the Committee does not support the use of cariprazine for the treatment of patients with schizophrenia and difficult to treat and/or persistent negative symptoms. Although the Committee recognises use may be necessary in exceptional circumstances, the evidence for improved efficacy, safety and cost effectiveness versus alternative, established therapeutic options was not robust enough to recommend adding to formularies.

Other Information and formulary updates

Shared care guidelines – the following guidelines have been developed or updated and will be available on the website below

- ADHD medicines in children Southampton city CCG/ Solent NHS trust only
- Safinamide for the treatment of Parkinson's Disease
- Stiripentol for treatment of Dravet syndrome
- Mycophenolate- updated

Osteoporosis guideline - an updated version of the guideline was agreed and will be available on the website below soon

Heparin saline flushes 50 units in 5ml (Hepsal) - The Committee supports changing formulary status from RED to AMBER. GPs may prescribe for use only in children, for administration by specialist community paediatric nurses. Care must be taken when prescribing to ensure selection of the correct product/strength. See safety advice <https://www.sps.nhs.uk/articles/npsa-alert-intravenous-heparin-flush-solutions-2008/> and RMOC update on heparinised saline for CVC lock in adults <https://www.sps.nhs.uk/wp-content/uploads/2019/02/RMOC-Position-Statement-Heparinised-Saline.pdf>

HRT and breast cancer risk: new data confirms the known increased risk of breast cancer with all types of HRT (except vaginal oestrogens), with evidence showing excess risk persists for longer than previously thought after stopping HRT. Prescribers should inform current users or women considering starting HRT of the new information at their next routine appointment. For more information and resources for counselling patients see link <https://www.gov.uk/drug-safety-update/hormone-replacement-therapy-hrt-further-information-on-the-known-increased-risk-of-breast-cancer-with-hrt-and-its-persistence-after-stopping>

Guidance documents are available [Here](#) (hosted by West Hampshire CCG)

Summarised on behalf of the District Prescribing Committee by Andrea White (Southampton City CCG)