

Prescribing Hints & Tips

June 2026

SICK DAY RULES GUIDELINE

Following a local incident, where an insulin dependent diabetic patient was admitted to hospital, we would like to raise awareness of the 'Sick Day Rules Guideline' for both patients and clinicians.

Please remind patients during reviews of what to do during periods of illness, in particular how often to take blood glucose and ketone readings and how to adjust their insulin relevant to their readings when needed. Patients should be advised of when to seek urgent medical attention.

The guidance can be found on the Nottingham Area Prescribing Committee website at:

<https://www.nottsapc.nhs.uk/media/yvzbql2m/sick-day-rules.pdf>

<https://www.nottsapc.nhs.uk/media/d01p0bfe/sick-day-rules-patient-information-leaflet.pdf>

NEW GUIDELINE – MANAGEMENT OF ACUTE THROMBOEMBOLISM IN PREGNANCY

Please see [here](#) for a new guideline on the management of acute thromboembolism in pregnancy.

ESTRIOL VAGINAL CREAM

Preferred formulary option: Estriol 0.1% vaginal cream

- **Estriol 0.1% (1mg/g) vaginal cream delivers the same estriol dose as the 0.01% cream but in a much smaller volume.**
- It is significantly more cost-effective, potentially preferable for patients and more environmentally friendly (longer-lasting pack).

Prescribing recommendation:

- Initiate all new patients on 0.1% cream
- Consider switching existing patients from 0.01% cream.

	✅ Formulary GREEN	❌ Non-formulary GREY
Product	Estriol 0.1% cream (1mg/g)	Estriol 0.01% cream
Dose delivered	0.5mg (approx 0.5ml) = 1 applicatorful	0.5mg (5ml) = 1 applicatorful
Pack size	15g tube (30 doses)	80g tube (16 doses)
Cost	£5.45	£45.89
Other considerations		Contains arachis oil (contraindicated in peanut/soya allergy)

SUMMARY OF SYSTMONE FORMULARY CHANGES

Please see the table below for some of the recent S1 formulary updates. These reflect APC decisions, product discontinuations, and suggestions from PCN colleagues.

Antimicrobial updates (following updates to APC guidelines)	Pityriasis	Oral fluconazole and terbinafine 1% cream added as a treatment option
	Threadworms	Mebendazole directions amended to include 2 nd dose after 2 weeks
	Boils	Doxycycline dose amended to 2 capsules stat then once daily for 5 days
Guideline updates	Diabetes test strips, needles and lancets	Products updated to reflect current usage – for further details see the APC formulary
	HRT	Products updated in line with the new primary care HRT quick reference guide .
	Alcohol dependence	Vit B Co Strong and Thiamine adjusted in line with changes to the APC guidelines
	Continence (Mid Notts only)	Product details updated
Brand changes	Inhalers	Proxor® has been added as the first choice beclomethasone / formoterol inhaler
	Spacer products	Aerochamber plus Flo-Vu replaces Aerochamber plus
Discontinued products	Emollients	Flexitol® 10% replaces Hydramol® Intensive which is being discontinued
	Adipine® brand of nifedipine MR	Adipine® replaced by Adanif XL® and Coracten XL® as per Preferred Prescribing List
New S1 formularies	Oral Nutritional Supplements	First line ONS products added to a new S1 formulary
	Combined Oral Contraceptives	A new formulary containing the preferred brands of Combined Oral Contraceptives. Where appropriate the dose directions for continuous use, standard dose, shortened hormone free interval and tricycling (4 and 7 day interval) are stated.

For prescriber settings and how to use the S1 formulary/PPL, please refer to the user guide and short video available [here](#).

Please let us know if you have any suggestions for formulary amendments.

APC AND INTERFACE UPDATE

The latest updates from APC can be found on their website [here](#).

MAILING LIST

If you wish to be added or removed from the Prescribing Hints and Tips mailing list, please email e.moncrieff@nhs.net