

Prescribing Hints & Tips

August 2024

INFORMATION AND GUIDANCE ON PRESCRIBING IN TRANSGENDER HEALTH

The Nottinghamshire APC Information and Guidance on Prescribing in Transgender Health was updated in May. This was to include new information, following the publication of the Cass Review and new NHSE information, interim service specification and clinical policy on puberty suppressing hormones. It has been further updated following the emergency legislation regulations which restrict prescribing and supply of puberty suppressing hormones to children and young people under 18. This means that no new patients under 18 can be prescribed these medicines for the purposes of puberty suppression in those experiencing gender dysphoria or incongruence under the care of these prescribers. When prescribing for other indications the prescription will need to be marked "SLS" in order for the community pharmacy to be able to dispense. Additionally, we've made some changes to the section on 'Situations outside of the Adult Specialised Commissioned Services' i.e. prescribing following private consultation. This section is advice and guidance only, and may be a useful resource, if a practice is approached to prescribe.

COST EFFECTIVE GLIPTIN PRESCRIBING

A reminder that **sitagliptin** is the **first line** DPP-4 inhibitor for Type 2 diabetes treatment as per the [Nottinghamshire APC formulary](#) and the [Nottinghamshire Type 2 diabetes guidelines](#). It is the most cost-effective gliptin. It can be used in patients with renal impairment however a dosage reduction is required if the **GFR <45ml/min**.

Linagliptin remains the second line DPP-4 inhibitor and although does not require dosage reduction in renal impairment and should only be used second line due to cost. Linagliptin 5mg (28 tablets) costs **£33** compared to **£3** for Sitagliptin 100mg (28 tablets).

Please support cost effective use of medications and help to reserve NHS resources wherever possible.

7 DAY/ WEEKLY PRESCRIBING

Please be reminded that 7 day or weekly scripts should only be issued on clinical grounds. 7 day scripts are not required or appropriate for compliance aids unless there is a clinical reason. For further information, please see [here](#).

HYDROXOCOBALAMIN (VITAMIN B12) IM INJECTIONS

When prescribing hydroxocobalamin (vitamin B12) injections for patients who are to have the drug administered at home by the community nursing team, prescribers are reminded to untick the 'personal administration' box on Systm One. Unticking this box allows the prescription to be sent electronically to the pharmacy who will dispense it and then the nurse will collect it.

For patients who are having the injection administered within the practice, leave the 'personal administration' box ticked. This will result in a paper FP10 being printed which the practice can then use to claim back for the injection and administration.

If you have any questions about how to do this, please contact your ICB medicines optimisation pharmacist.

APC AND INTERFACE UPDATE

The latest updates from APC and the Interface team can be accessed in webinar format [here](#). A PDF of the slides is also available on this same page should you wish to access any of the links from the presentation.

MAILING LIST

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