

## 11. Eye Formulary

Sheffield self-care guidance encourages the use of Over the Counter (OTC) products for minor illnesses, such as conjunctivitis, dry eyes, sore / tired eyes and hay fever. Please see [South Yorkshire Self-Care Guidance](#) for full details and <https://www.nhs.uk/> for self-care information

### 11.3.1 Antibacterials

**Chloramphenicol self-care** – 0.5% drops (10ml) & 1% oint (4g)

Conjunctivitis is usually a self-limiting condition. Most people experience remission without treatment after 1-2 weeks – consider offering a delayed prescription.

Self-help measures on caring for children with conjunctivitis can be found here: <http://www.rcgp.org.uk/eyehealth>

Avoid prolonged use (greater than 7 days).

**Gentamicin** - ear/eye drops 0.3% (10ml) – 2<sup>nd</sup> line treatment where Chloramphenicol is not suitable. Avoid prolonged use (greater than 7 days).

### 11.3.2 Antivirals

**Aciclovir** – 3% eye oint.(4.5g) – Specialist initiation. Should be continued for at least 3 days after complete healing. Drug of choice for herpes simplex and zoster infections of the eye and immediate surrounding area. Avoid prolonged use (greater than 10 days).

### 11.1.2 Corticosteroids – Hospital initiated only.

**Betamethasone** – 0.1% drops (10ml) & 0.1% oint (3g). – Ointment at night where drops are being administered 2 hourly or more.

Corticosteroid treatment should normally only be initiated by the hospital eye services. Patients should remain under hospital care as it is essential that their intraocular pressure is monitored. A full supply is normally issued by the hospital. Steroid drops may lead to herpes simplex virus proliferation and corneal ulceration. Combination products containing a corticosteroid with an anti-infective drug are sometimes used after ocular surgery to reduce inflammation and prevent infection; use of combination products is otherwise rarely justified.

### 11.1.1 Other anti-inflammatory preparations

**Olopatadine** – 1mg/ml eye drops (5ml) – For patients 3 years old and above for a maximum of 4 months

**Sodium Cromoglicate self-care** – 2% drops (13.5ml) – Available OTC

**Otrivine-Antistin self-care** – eye drops (10ml) – Avoid prolonged use (greater than 7 days).

### 11.4 Mydriatics and cycloplegics

**Tropicamide** – 1% drops

### 11.5 Treatment of Glaucoma – Hospital initiated only.

**1<sup>st</sup> line Beta blocker: Timolol** – 0.25% drops

**1<sup>st</sup> line Prostaglandin Analogue: Latanoprost** – 0.005% drops

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**1<sup>st</sup> line Carbonic Anhydrase Inhibitor: Dorzolamide - 2% drops**

**1<sup>st</sup> line Sympathomimetic: Brimonidine - 0.2% drops**

Combination products:

**Bimatoprost 300microgram/ml and timolol 5mg/ml drops (Ganfort)**

**Dorzolamide 2% and timolol 0.5% - drops**

Patients requiring urgent referral should be sent to eye casualty with letter from GP or prior telephone referral (tel: 0114 271 2726).

For detailed product choice see [STHFT guidance](#) "Advice for use of topical pressure lowering agents in primary open angle glaucoma" (November 2011) and <https://www.nice.org.uk/guidance/NG81>

## 11.2 Tear deficiency, ocular lubricants and astringents

**Hypromellose [self-care](#)** – 0.3% drops (10ml)

**Clinitas Gel [self-care](#)** - 0.2% (10ml) : **carbomer 980 eye drop of choice.**

**Prescribe by brand to ensure cost effective prescribing.**

**Oxyl [self-care](#)** – 0.15% drops (10ml) : **Useful for patients needing to use lubricants more than 4 times daily. Contains a biodegradable preservative.**

**Lacri-Lube [self-care](#)** - eye oint (5g): **Useful for patients needing to use lubricants as frequently as every 2 hours (STH guidance recommends use up to four times daily although may blur vision).**

**Xailin night [self-care](#)** - eye ointment (5g): **can be used as needed throughout the day**

**Evolve Hypromellose\* [self-care](#)** - 0.3% preservative free drops (10ml) – **can be used for 3 months once opened.**

\*Preservative free eye preparations should not be prescribed routinely but should be reserved for patients requiring multiple applications throughout the day (more than 6 times), with a known sensitivity to the preservative or on the advice of an ophthalmologist.

Contact lenses should be removed before installation of ocular preparations, and soft (hydrophilic) lenses should not be worn during the period of treatment.

For detailed product choice see [STHFT guidance](#) "Advice for prescribing of ocular lubricants on ophthalmic practice" (2010)

Lid cleansing wipes such as Blephaclean® and Evolve eyelid wipes® are deemed not suitable for prescribing on the NHS in Sheffield.

Self - help measures for the treatment of blepharitis should be promoted.

<https://www.moorfields.nhs.uk/sites/default/files/A%26E%20Blepharitis.pdf>

<https://cks.nice.org.uk/blepharitis>

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