

## Emollient Prescribing within County Durham & Tees Valley CCGs

**Aveeno, E45, Diprobase, and Epaderm** products do not feature on the County Durham & Tees Valley APC formulary, therefore use should be restricted.

If patients are admitted using one of these emollients then they should be substituted to another emollient as described below.

1. Patients prescribed **Epaderm Ointment** should be switched to **Hydromol Ointment** or **Zeroderm Ointment**

Epaderm	Hydromol	Zeroderm
Liquid Paraffin 40%	Liquid Paraffin 40%	Liquid Paraffin 40%
Yellow Soft Paraffin 30%	Yellow Soft Paraffin 30%	White Soft Paraffin 30%
Cetomacrogol Emulsifying Wax*	Cetomacrogol Emulsifying Wax*	Cetearyl Alcohol
		Polysorbate 60
SLS-Free	SLS-Free	SLS-Free
*Cetomacrogol Emulsifying Wax contains Cetostearyl Alcohol and Macrogol Cetosterayl Ether		

2. Patients prescribed **Diprobase Cream** should be changed to **Zerobase Cream** as ingredients are similar **(there is a higher percentage of liquid paraffin to aid smoothing into sensitive skin)**

Diprobase	Zerobase
Liquid Paraffin 6%	Liquid Paraffin 11%*
Chlorocresol	Chlorocresol
White Soft Paraffin 15%	White Soft Paraffin 10%
Cetomacrogol	Cetomacrogol
Cetostearyl Alcohol	Cetostearyl Alcohol
Phosphoric Acid	Phosphoric Acid
Sodium Dihydrogen Phosphate	Sodium Dihydrogen Phosphate
Purified Water	Purified Water
Sodium Hydroxide	

\*Zerobase has a higher liquid paraffin content to aid soothing into sensitive skin

3. Patients prescribed **E45 Cream** should be prescribed a suitable emollient as there is not a formulary product that is a specifically recommended equivalent. First line choices are detailed below;

Preparation	Active ingredients	Comments to aid choice
<b>Hydromol Ointment</b>	liquid paraffin 40% yellow soft paraffin 30% emulsifying wax	Emollients of choice
<b>Zerobase Cream</b>	liquid paraffin 11% white soft paraffin 10%	
<b>Zeroderm Ointment</b>	liquid paraffin 40% yellow soft paraffin 30%	does not contain emulsifying wax so may be more difficult to apply compared to Hydromol Ointment
<b>Cetraben Cream</b>	white soft paraffin 13.2% light liquid paraffin 10.5% emulsifying wax	well tolerated by patients as it thicker than a cream but not as thick as an ointment so is a good option
<b>Zerodouble Gel</b> (equivalent to <b>Double base Gel</b> )	isopropyl myristate 15% liquid paraffin 15%	May have additional benefits for itchy skin
<b>QV Cream</b>	glycerol 10% light liquid paraffin 10% white soft paraffin 5%	May have additional benefits for itchy skin

4. Patients prescribed **Aveeno** should be changed to **Zeroveen** as ingredients are similar.
5. In addition to this **Aqueous Cream** is no longer recommended as a “leave on” emollient ([Aqueous cream: may cause skin irritation Drug Safety Update](#))

Any patients using **Aqueous Cream** as an emollient should be switched to an alternative product. The first choice for this would be **Hydromol Ointment** as this is also suitable as a soap substitute.