

## **Prescribing Guidelines for Ocular Lubricants in Primary Care**



Partners in improving local health

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Options shaded in purple are recommended for mild dry eye and should be considered selfcare under NHSE guidance

Options in green should be considered first line choice for prescribing in moderate dry eyes

For all Patients: Provide Dry Eyes leaflet (www.nhs.uk). Review preventative factors and ensure patient aware. Recommend regular use of a hot (not boiling) compress and lid hygiene for appropriate cases - especially where there is any Meibomian Gland Dysfunction (patient leaflet at Association of Optometrists (aop.org.uk).

## Patient with NO known Preservative Allergy:

## Hypromellose 0.3% x 10ml

Drug Tariff =£1.05

Recommend Generic.

Lasts 28 days from opening (may vary)

Carbomer 980 0.2% x 10g Drug Tariff = £2.80

Recommend most cost-effective brand available

Clinitas Carbomer Gel = £1.49 or Lumecare Carbomer Gel = £1.53

Last 28 days from opening

Sodium hyaluronate 0.1%, 0.2 %

Prescribe by most cost-effective brand available e.g. Blink

Intensive 0.2% x 10ml or 20 x

 $0.4ml \ UDV = £2.97$ 

Lasts 3 months from opening

Carmellose 0.5% / 1% x 10ml

Prescribe by most costeffective brand available

Optho-lique 0.5% = £3.73

**Optho- lique 1% = £3.97** 

Lasts 28 days after opening

**Hydroxypropyl Guar - Propylene** glycol 0.3%, polyethylene glycol 400 0.4% x10ml

Prescribe by brand

Systane 10ml drops = £4.66

Lasts 6 months from opening

If dry eye symptoms at night then consider adding an ointment preparation such as HydraMed Night (retinol palmitate 250 units/g, white soft paraffin, light liquid paraffin, liquid paraffin, wool fat) 5g = £2.32Lasts 90 days from opening

## Patients who need Preservative Free treatment:

For patients with: True preservative allergy, evidence of epithelial toxicity from preservatives, soft contact lens wearers and long term topical treatment using drops more than 4-6 times daily (UDV = Unit Dose Vials)

**Hypromellose 0.3%** 

Evolve Hypromellose 10ml = £1.98 Expires 90 days after opening

Carbomer 980 0.2%

Viscotears 2mg/g 30 X 0.6ml UDV

Drug Tariff = £5.42

Sodium Hyaluronate 0.1%, 0.2% Carmellose 0.5%/ 1%

Hydramed 0.2% 10ml bottle or

30 x 0.5ml UDV =£5.60

**Evolve HA 0.2%** 

10ml bottle = £5.99

All above have 3 month expiry

Hydroxypropyl Guar -

**Systane UDV**  $28 \times 0.5 \text{ml} = £4.66$ 

Celluvisc 0.5% 30 x 0.4ml UDV

Drug Tariff= £4.80

Celluvisc 1% 30 x 0.4ml UDV

Drug Tariff = £3.00

Ointment preparations: HydraMed 5g = £2.32

Refer to secondary care ophthalmologist if symptoms persist or do not respond 3 different drops for 4-6 weeks each. The above recommendations do not include drops which are Green+, which may be prescribed on recommendation.

Approved: October 2020 Review Date: October 2022