

NI Formulary: Chapter 10 Musculoskeletal and Joint Diseases

Please refer to the full version of the Formulary for further advice and information.

Therapeutic Area	Drug choice
NSAIDs	<ul style="list-style-type: none"> 1 Ibuprofen tablets 200mg, 400mg, 600mg; suspension 100mg/5ml or 1 Naproxen tablets 250mg, 500mg 2 (If Naproxen not tolerated or treatment failure) 2nd line choice is not definitive and will depend on individual patient factors and safety factors of individual NSAIDs. Please refer to Prescribing Notes in full version of formulary.
Corticosteroids / Systemic corticosteroids	<ul style="list-style-type: none"> 1 Oral Prednisolone tablets 1mg,5mg 1 Parenteral <i>Intramuscular depot injection : methylprednisolone acetate (Depo-Medrone®)</i> vials 40mg/mL, 80mg/2mL, 120mg/3mL or <i>Intramuscular injection: triamcinolone acetonide (Kenalog® Intra-articular/Intramuscular)</i> 40mg/mL or <i>Intravenous injection: methylprednisolone (as sodium succinate) (Solu-Medrone®)</i> vials 40mg, 125mg, 500mg, 1g, 2g: slow intravenous injection or infusion
Local corticosteroid injections	<ul style="list-style-type: none"> 1 <i>Intra-articular injection:</i> Methylprednisolone acetate (Depo-Medrone®) vials 40mg/mL, 80mg/2mL, 120mg/3mL or Triamcinolone acetonide (Adcortyl® Intra-articular) injection 10mg/mL, (Kenalog® Intra-articular) injection 40mg/mL
Acute attacks of gout	<ul style="list-style-type: none"> 1 Naproxen tablets 250mg, 500mg 2 Alternative NSAID at high dose if naproxen not tolerated or treatment failure. Choice will depend on individual patient factors. Consider gastroprotection 2 Colchicine tablets 500 micrograms if NSAID contra-indicated 3 Prednisolone 5mg tablets if NSAID and colchicine contra-indicated or not tolerated
Prophylaxis of gout	<ul style="list-style-type: none"> 1 Allopurinol tablets 100mg, 300mg 2 Febuxostat f/c tablets 80mg, 120mg (if inadequate response to maximum dose of allopurinol (900mg) or not tolerated)
Drugs that enhance neuromuscular transmission	<ul style="list-style-type: none"> 1 Pyridostigmine bromide tablets 60mg

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Skeletal muscle relaxants	<ol style="list-style-type: none"> 1 Baclofen tablets 10mg; oral solution 5mg/5mL 2 Tizanidine tablets 2mg, 4mg or 2 Diazepam tablets 2mg, 5mg, 10mg; oral solution 2mg/5mL, 5mg/5mL; injection (solution) 5ml/mL; injection (emulsion) 5ml/mL; rectal tubes 2mg/mL
Rubefacients, topical NSAIDs, capsaicin, and poultices	<ol style="list-style-type: none"> 1 Piroxicam 0.5% gel 60g, 112g