



NORTHERN IRELAND FORMULARY – EYE CARE

Date of preparation:
March 2019
Due for review:
March 2021

The Northern Ireland Formulary advises on treatment choice for certain conditions, based on evidence, safety and cost. The eye chapter covers two therapeutic areas only: **glaucoma** and **dry eye**.

CHRONIC OPEN ANGLE GLAUCOMA

- Prostaglandin analogues are recommended first line due to greater effect on intra-ocular pressure (IOP).
- If unsatisfactory response to treatment, consider changing the drop prescribed before adding another drop to regimen.
- When assessing benefit, consider patient's adherence to therapy and technique for administering eye drops.
- Carbonic anhydrase inhibitors and sympathomimetics are not first line treatments but can be used where further lowering of IOP is desirable and surgery is not considered appropriate.

First line

Prostaglandin analogue	• Latanoprost 50 mcg/ml x 2.5 ml	Apply once daily, preferably in the evening
Beta-blocker	• Timolol 0.25% or 0.5% x 5 ml	Apply twice daily

Other options

Carbonic anhydrase inhibitor	• Brinzolamide 10 mg/ml x 5 ml	Apply twice daily, increased to max. 3 times daily if necessary
Sympathomimetic	• Brimonidine tartrate 0.2% x 5 ml	Apply twice daily

DRY EYE

- Advise patients that, for minor conditions, products may be purchased over the counter in the first instance.
- Advice and patient leaflets on the treatment of dry eye and blepharitis are available from the [Patient Zone](#) on the NI formulary website.
- If the choice is made to prescribe, the majority of patients in primary care can be managed with first line agents.
- Products should be tried for 4–6 weeks before assessing benefit.
- All tear supplements should be given in conjunction with advice on modifiable risk factors (e.g. lid hygiene, contact lens wear, diet).
- Consider impact of patient's medication, e.g. antidepressants, HRT, acne treatments, and exacerbating conditions, e.g. rosacea.

First line (products should be tried for 4–6 weeks before assessing benefit)

- Hypromellose 0.3% or 0.5%
- Carbomer 980 0.2%

2nd line evaporative dry eye

- Lipid-containing products - reserve for Meibomian gland dysfunction
- Systane Balance® (propylene glycol 0.6%)
 - Optive Plus® (carmellose sodium 0.5%, glycerine 1%, castor oil 0.25%)

2nd line aqueous deficient dry eye

- Sodium hyaluronate eye drops
- Artelac Rebalance® (0.15%)
 - Blink Intensive® (0.2%)
- Some patients may benefit from a liquid paraffin ointment at night e.g. Xailin® night, VitA-POS®*

3rd line

- Sodium hyaluronate preservative-free eye drops
- HYLO®-Tear (0.1%), Hyabak® (0.15%), HYLO®-Forte (0.2%), Clinitas® Multi (0.4%)

GENERIC EQUIVALENTS

The following eye drops are all available as generic products which are equally as effective and more cost-efficient. →

Generic combination product available:

- Cosopt® – Dorzolamide + timolol
- Xalacom® – Latanoprost + timolol

Brand name	Generic ingredient
Alphagan®	Brimonidine
Azopt®	Brinzolamide
Lumigan®	Bimatoprost
Timoptol®	Timolol
Travatan®	Travoprost
Trusopt®	Dorzolamide
Xalatan®	Latanoprost

Only consider **preservative-free (PF)** formulations for patients with:

- True preservative allergy or evidence of epithelial toxicity from preservatives
- Soft contact lenses wearers
- Long term treatment > 3/12 or frequency > 6 times daily

If prescribing a PF formulation, ensure a 'special' is not inadvertently selected.

For more information:

- <http://niformulary.hscni.net/Formulary/Adult/11.0/Pages/default.aspx>
- <https://www.prescqipp.info/our-resources/bulletins/bulletin-202-eye-preparations/>

Eye drop compliance aids are useful for those patients who struggle to instil eye drops. There are currently 4 eye drop compliance aids included in the NI drug tariff and available on prescription.

Opticare®

Suitable for use with round 2.5 – 15 ml bottles

- Designed to make it easier to squeeze the bottle
- Supplied with an adaptor to fit slim bottles
- Available in different colours to distinguish between different drops



COMPATIBILITY WITH NI FORMULARY CHOICES

Chronic open angle glaucoma	Latanoprost 50 mcg/ml (2.5 ml)
	Timolol 0.25% or 0.5% (5 ml)
	Brinzolamide 10 mg/ml (5ml)
	Brimonidine tartrate 0.2% (5 ml)
Artificial tear replacement	Hypromellose 0.3% or 0.5% (10 ml)
	Systane Balance® (10 ml)
	Optive Plus® (10 ml)
	Artelac rebalance® (10 ml)
	Blink Intensive® (10 ml)
	Clinitas Multi® (10 ml)

Opticare® Arthro 5 or 10

Opticare® Arthro 5 fits most 2.5 ml and 5ml round and oval eye drop bottles
 Opticare® Arthro 10 fits most 10 ml, 15 ml and 20 ml round and oval eye drop bottles

- Ideal for those with severe arthritis or limited hand or shoulder movement
- Long handles make it easier to squeeze the bottle



COMPATIBILITY WITH NI FORMULARY CHOICES

Chronic open angle glaucoma	Timolol 0.25% or 0.5% (5 ml)
	Brinzolamide 10 mg/ml (5ml)
	Brimonidine tartrate 0.2% (5 ml)
	Hypromellose 0.3% or 0.5% (10 ml)
Artificial tear replacement	Systane Balance® (10 ml)
	Optive Plus® (10 ml)
	Artelac rebalance® (10 ml)
	Blink Intensive® (10 ml)
	Clinitas Multi® (10 ml)

Note: Cosopt®, Duotrav®, Timoptol®, Travatan®, Trusopt®, Xalacom® and Xalatan® bottles do not fit in this aid.

ComplEye®

Suitable for use with all HYLO® eye drops

- Positions over the eye for accurate application of drops



COMPATIBILITY WITH NI FORMULARY CHOICES

Artificial tear replacement	HYLO®-Tear (10 ml)
	HYLO®-Forte (10 ml)

RESOURCES

A compatibility table for the Opticare® range can be found online: <https://www.cameron-graham.co.uk/pages/opticare-range/opticare-compatibility-with-eye-drops.php>

Moorfields Eye Hospital have a number of useful patient resources available on their website: <https://www.moorfields.nhs.uk/service/pharmacy>

If you have any queries or require further information on this poster, please contact one of the Pharmacy Advisers in your local HSCB office.

B: 028 95363926 **SE:** 028 95361461 **S:** 028 95362104
N: 028 95362845 **W:** 028 95361010