

# Cost Effective Choices List

Cost effective choices should be considered for all new starts and for suitable existing patients.  
The items associated with the greatest efficiencies should be prioritised by all practices in addition to the practice-specific list on page 5 of the COMPASS report.  
**Note:** the cost-effective choice may not be suitable for all patients. Prescribers should refer to the SPC, the BNF/BNFC, and the relevant SPPG guidance / SOP / newsletter article before initiating or switching.

October 2025 (2nd)

| Therapeutic area      |                                                                                                                                                                                                                                                                | Drugs  |  | Cost-Effective Choice(s) (CEC)                                                                                                                                                                              |  |
|-----------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|--|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| Greatest efficiencies | All DPP-4 inhibitors ('gliptins')                                                                                                                                                                                                                              | →      |  | Sitagliptin                                                                                                                                                                                                 |  |
|                       | Seretide® / Sirdupla® / Generic fluticasone propionate / salmeterol pMDI                                                                                                                                                                                       | →      |  | Avenor® pMDI or Combisal® pMDI                                                                                                                                                                              |  |
|                       | Fostair® and generic beclometasone/formoterol pMDIs 100/6 and 200/6                                                                                                                                                                                            | →      |  | Luforbec® 100/6 and 200/6 or Proxor®100/6 and 200/6                                                                                                                                                         |  |
|                       | Spiriva Handihaler® / Braltus Zonda® / Generic tiotropium DPIs                                                                                                                                                                                                 | →      |  | Acopair NeumoHaler® or Tiogiva®                                                                                                                                                                             |  |
|                       | Melatonin capsules                                                                                                                                                                                                                                             | →      |  | Melatonin tablets<br>For Paediatric patients, Adaflex® tablets are the preferred choice if immediate release formulation required.<br>Refer to <a href="#">Melatonin Paediatric Product Selection Guide</a> |  |
|                       | HYLO-Tear® / HYLO-Forte®                                                                                                                                                                                                                                       | →      |  | Eyeaze® 0.1% / Eyeaze® 0.2%                                                                                                                                                                                 |  |
|                       | Gabapentin 600mg tablets<br>Gabapentin 800mg tablets                                                                                                                                                                                                           | →<br>→ |  | Gabapentin 2 x 300mg capsules<br>Gabapentin 2 x 400mg capsules                                                                                                                                              |  |
|                       | White soft paraffin 13.2%, light liquid paraffin 10.5%, e.g. Cetraben® cream                                                                                                                                                                                   | →      |  | Epimax® excetra cream                                                                                                                                                                                       |  |
|                       | ALL NSAID gels (e.g. piroxicam gel, diclofenac gels (all strengths except 3%), ibuprofen 10% gels)                                                                                                                                                             | →      |  | Ibuprofen 5% gel                                                                                                                                                                                            |  |
| Gastrointestinal      | All dispersible PPIs tablets / sachets                                                                                                                                                                                                                         | →      |  | Lansoprazole orodispersible tablets                                                                                                                                                                         |  |
|                       | Gaviscon®, Gaviscon Advance®                                                                                                                                                                                                                                   | →      |  | Peptac®                                                                                                                                                                                                     |  |
|                       | Loperamide orodispersible tablets                                                                                                                                                                                                                              | →      |  | Loperamide capsules                                                                                                                                                                                         |  |
|                       | Movicol® paediatric 6.9g sachets                                                                                                                                                                                                                               | →      |  | Laxido® paediatric plain 6.9g sachets                                                                                                                                                                       |  |
|                       | Dicycloverine tablets                                                                                                                                                                                                                                          | →      |  | Mebeverine tablets                                                                                                                                                                                          |  |
|                       | Peppermint oil 0.2ml gastro-resistant modified-release capsules / Colpermin® capsules                                                                                                                                                                          | →      |  | Peppermint oil 0.2ml gastro-resistant capsules                                                                                                                                                              |  |
|                       | Omeprazole gastro-resistant tablets                                                                                                                                                                                                                            | →      |  | <a href="#">Omeprazole gastro-resistant capsules</a>                                                                                                                                                        |  |
|                       | Proctosedyl® ointment                                                                                                                                                                                                                                          | →      |  | Uniroid HC® ointment or Anusol HC® ointment                                                                                                                                                                 |  |
| Cardiovascular        | Doxazosin XL tablets                                                                                                                                                                                                                                           | →      |  | <a href="#">Doxazosin immediate release (IR) tablets (doxazosin XL 4mg to IR 2mg tablets; doxazosin XL 8mg to IR 4mg tablets)</a>                                                                           |  |
|                       | Perindopril arginine                                                                                                                                                                                                                                           | →      |  | Perindopril erbumine / tert-butylamine                                                                                                                                                                      |  |
|                       | Nebivolol 2.5mg tablets                                                                                                                                                                                                                                        | →      |  | Nebivolol 5mg tablets (half tablet)                                                                                                                                                                         |  |
|                       | Nebivolol 10mg tablets                                                                                                                                                                                                                                         | →      |  | Nebivolol 5mg tablets (two tablets)                                                                                                                                                                         |  |
| Respiratory           | Levocetirizine / Xyzal® tablets 5mg                                                                                                                                                                                                                            | →      |  | Cetirizine 10mg tablets                                                                                                                                                                                     |  |
|                       | Desloratadine / NeoClarityn® tablets 5mg                                                                                                                                                                                                                       | →      |  | Loratadine 10mg tablets                                                                                                                                                                                     |  |
| Nervous system        | Co-codamol 8/500 capsules<br>Co-codamol 15/500 capsules                                                                                                                                                                                                        | →<br>→ |  | Co-codamol 8/500 tablets<br>Co-codamol 15/500 tablets                                                                                                                                                       |  |
|                       | Paracetamol 500mg/5ml suspension                                                                                                                                                                                                                               | →      |  | Paracetamol 250mg/5ml suspension                                                                                                                                                                            |  |
|                       | Nortriptyline 50mg tablets                                                                                                                                                                                                                                     | →      |  | Nortriptyline 2 x 25mg tablets                                                                                                                                                                              |  |
|                       | Lamotrigine multiple tablets (e.g. 25mg x 4 tablets)*<br>Lamictal® multiple tablets (e.g. 25mg x 4 tablets)*                                                                                                                                                   | →<br>→ |  | Lamotrigine higher strength (e.g. 100mg x 1 tablet)<br>Lamictal® higher strength (e.g. 100mg x 1 tablet)                                                                                                    |  |
|                       | *Strengths of 5mg, 25mg, 50mg, 100mg should all be checked for dose optimisation. Please refer to <a href="#">newsletter</a> for further details.<br><b>Note:</b> only switch patients who are stable on an established effective dose that controls seizures. |        |  |                                                                                                                                                                                                             |  |
| Endocrine             | Metformin MR tablets                                                                                                                                                                                                                                           | →      |  | Metformin IR tablets<br>(if they have not previously caused GI problems)                                                                                                                                    |  |
|                       | Metformin IR 1g tablets                                                                                                                                                                                                                                        | →      |  | Metformin IR 2 x 500mg tablets                                                                                                                                                                              |  |
|                       | Metformin 500mg/5ml oral solution                                                                                                                                                                                                                              | →      |  | Metformin 500mg oral powder sachets                                                                                                                                                                         |  |

| Therapeutic area                                                                                                     | Drugs                                                                                                                    |   | Cost-Effective Choice(s) (CEC)                                                                                                                                                                                                                                                                                                                      |
|----------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|---|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Contraception, gynaecology, and urinary-tract disorders</b>                                                       | Gonadotrophin-releasing hormone analogues for <b>prostate cancer</b> (e.g. Zoladex <sup>®</sup> , Prostav <sup>®</sup> ) | → | Decapeptyl <sup>®</sup> SR 3mg / 11.25mg / 22.5mg IM injections                                                                                                                                                                                                                                                                                     |
|                                                                                                                      | Tamsulosin 400 microgram MR tablets (including all generics and Flomaxtra <sup>®</sup> )                                 | → | Tamsulosin 400 microgram MR capsules <b>NEW</b>                                                                                                                                                                                                                                                                                                     |
|                                                                                                                      | Monophasic standard strength combined oral contraceptive (e.g. Microgynon <sup>®</sup> , Ovranette <sup>®</sup> )        | → | <a href="#">Rigevidon<sup>®</sup></a>                                                                                                                                                                                                                                                                                                               |
|                                                                                                                      | Monophasic low strength combined oral contraceptive (e.g. Mercilon <sup>®</sup> , Femodette <sup>®</sup> )               | → | <a href="#">Gedarel 20/150<sup>®</sup></a> or <a href="#">Millinette 20/75<sup>®</sup></a>                                                                                                                                                                                                                                                          |
|                                                                                                                      | Estriol 0.01% cream                                                                                                      | → | Estriol 0.1% cream<br><br><b>Note:</b> Estriol 0.1% intravaginal cream is 10 times stronger than estriol 0.01% intravaginal cream. However the application volume is one tenth. Therefore, both creams' application volumes deliver an identical dose of estriol, i.e. 0.5mg per application. Further information can be found <a href="#">here</a> |
| <b>Skin</b><br><br>Use comparable products from the <b>Epimax<sup>®</sup></b> range which have a similar formulation | White soft paraffin 15% w/w, liquid paraffin 6% cream, e.g. Diprobase <sup>®</sup> <b>cream</b> (now discontinued)       | → | Epimax <sup>®</sup> original <b>cream</b>                                                                                                                                                                                                                                                                                                           |
|                                                                                                                      | Avena Sativa ( <b>oat</b> ) Kernel flour containing cream, e.g. Aveeno <sup>®</sup> cream                                | → | Epimax <sup>®</sup> <b>oatmeal</b> cream                                                                                                                                                                                                                                                                                                            |
| Eye                                                                                                                  | Atropine 1% eye drops 10ml bottle                                                                                        | → | Atropine 1% eye drops 0.5ml unit dose preservative free (Minims <sup>®</sup> )                                                                                                                                                                                                                                                                      |