



# January 2024 Bulletin

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### New submissions:

<b>Spironolactone for acne</b>	<b>AMBER 3</b>	<ul style="list-style-type: none"> <li>• Spironolactone has been approved for use in females aged 18 years and over with persistent or recurrent acne after oral antibiotics and non-antibiotic topical treatment.</li> <li>• Incorporated into the <a href="#">APC Acne Antimicrobial</a> guideline.</li> </ul>
<b>Daridorexant for chronic insomnia</b>	<b>AMBER 3</b>	<ul style="list-style-type: none"> <li>• For use in line with local prescribing guidance. (as per <a href="#">NICE TA922</a>. Sleep hygiene, lifestyle measures and non-medication treatment options should first be utilised. Patients with with co-existing mental health conditions should first be considered for referral to Nottinghamshire Talking Therapies (<a href="http://notts-talk.co.uk">notts-talk.co.uk</a>) with an initial aim to focus on sleep.</li> </ul>
<b>Rimegepant for treating migraine</b>	<b>AMBER 2</b>	<ul style="list-style-type: none"> <li>• To be used following recommendation from a Specialist in line with <a href="#">NICE TA919</a> .</li> </ul>

### News from the APC - updated/new documents:

- ⇒ [Feeds for Premature Infants Guideline](#)
- ⇒ [Primary Care Management of Nausea and Vomiting in Pregnancy Guideline](#)
- ⇒ [Daridorexant Prescribing information Sheet](#)
- ⇒ [Enoxaparin Information Sheet](#)
- ⇒ [Nitrazepam for Children with Epilepsy Information Sheet](#)
- ⇒ [Dementia Medicines Information Sheets](#)
- ⇒ [Atrial Fibrillation: prescriber decision support on anticoagulation \(or better knows an Anticoagulants in AF guidance\)](#)
- ⇒ [ADHD Shared Care Protocols for Children](#)

The work of the NAPC is supported and managed by the interface team.  
 They can be contacted via [nnicb-nn.nottsapc@nhs.net](mailto:nnicb-nn.nottsapc@nhs.net)  
[www.nottsapc.nhs.uk](http://www.nottsapc.nhs.uk)  
[www.nottinghamshireformulary.nhs.uk](http://www.nottinghamshireformulary.nhs.uk)



## APC webinars

A pre-recorded APC update is available to view on our [YouTube channel](#)



## Our Podcasts

Latest edition - [PILS Episode 8 \(December 2023\): Luforbec switch](#)

## Horizon scanning, formulary amendments and traffic light changes

### AMBER1

- ◆ Meflynate<sup>®</sup>, methylphenidate XL capsules—additional cost effective brand added to the formulary.

### GREEN

- ◆ Lecicarbon C suppositories- reclassified as GREEN temporarily due to supply problems, for use in children where bisacodyl suppositories would otherwise be indicated. This will be reviewed once the availability of bisacodyl suppositories improves.

### GREY

- ◆ Sertraline concentrate for oral solution (no significant advantages over current formulations, contains ethanol and requires dilution prior to use).
- ◆ Dabigatran (Pradaxa<sup>®</sup>) granules in sachets- significantly more expensive than tablet formulations and alternative DOACs are licensed for manipulation for patients with swallowing difficulties.

### GREY - no formal assessment

- ◆ Estriol 0.5 mg pessary.
- ◆ Calcifediol (Domnisol<sup>®</sup>), 266 microgram capsules.
- ◆ Levonorgestrel and ethinylestradiol (Violite<sup>®</sup>), 100/20 microgram tablets.

## Feature of the month

### GLP1 RA availability update, safety alert and actions:

The availability of glucagon-like peptide-1 receptor agonists (GLP-1 RAs) continues to be limited, with supply not expected to return to normal until at least the end of 2024.

Byetta<sup>®</sup> (exenatide) pre-filled pens will be discontinued in March 2024.

Victoza<sup>®</sup> (liraglutide) continues to be out of stock and further stock is not expected until the end of 2024.

The National Safety Alert dictates that actions are required by 28<sup>th</sup> March 2024:

- Prescribe Rybelsus<sup>®</sup> (semaglutide) tablets for new initiations of a GLP-1 RA (in line with [NICE NG28](#)).
- Identify patients prescribed Byetta<sup>®</sup> and Victoza<sup>®</sup> injections and (in line with NICE NG28) switch to Rybelsus<sup>®</sup> tablets. As Rybelsus is classified Amber 2 in Nottinghamshire, these patients should be discussed with a specialist before switching.
- Counsel patients on any changes in medication, formulation, and dose regimen where appropriate (see additional information below).
- Do not switch between strengths of a GLP-1 RA solely based on the availability.

### Rybelsus<sup>®</sup> administration instructions:

1. Take Rybelsus<sup>®</sup> tablets on an empty stomach at any time of the day.
2. Swallow Rybelsus<sup>®</sup> tablets whole with no more than half a glass of water (up to 120 ml). Do not split, crush, or chew the tablet, as it is not known if it affects absorption of semaglutide.
3. After taking Rybelsus<sup>®</sup> tablets wait at least 30 minutes before having the first meal or drink of the day or taking other oral medicines. Waiting less than 30 minutes lowers the absorption of semaglutide.

*Not complying with these instructions could potentially make Rybelsus<sup>®</sup> less effective.*