



## Summary of updates to East Region Formulary (ERF) website.

The purpose of this summary is to detail the main changes to the ERF. The website chapters should be referred to for full details. All of the amendments detailed appear on the new website platform which can be found here: [formulary.nhs.scot/east/](http://formulary.nhs.scot/east/).

Note that there are a few remaining paediatric chapters on the new website platform for the East Region Formulary that are old Lothian recommendations awaiting review by representatives from the region.

TIPS: See the 'History Notes' for a brief description of the change and the date of the change, as in the example below.

**A** Treatment of pain in palliative care ^

**Prescribing Notes:**

- The [National Palliative Care Guidelines](#) have been developed by a multidisciplinary group of professionals working in the community, hospital and specialist palliative care services throughout Scotland and are used in all Scottish Health Boards.
- The guidelines reflect a consensus of opinion about good practice in the management of adult patients with a life limiting illness.
- Guidelines on individual symptoms are available. Each page has some introductory information, links to related guidelines and web resources. The individual guidelines are in PDF format and can be downloaded or printed off.

**History Notes** ^

20/10/2020	Content migrated from LJF website.
------------	------------------------------------

Chapter	Adult or Child	ERF or LJJ (until future ERF chapter review)	Group	Condition	New content	Month of ERWG/ERFC
Endocrine	Adult and Child		Diabetes	Diabetes Type 1 and type 2 insulin dependent	MSAN (2025)54 - Tresiba® FlexTouch® (insulin degludec) 100units/ml solution for injection 3ml pre-filled pens.	April 2026
Infections	Adult and Child			Cellulitis	Addition of link to health protection guidance on PVL.	April 2026
Nutrition and Blood	Adult		Obesity		Change dose information for wegovy to direct to product literature.	Feb 2026
Skin	Adult and Child		Acne		Isotretinoin – changes to prescribing guidance and additional risk minimisation measures - GOV.UK link updated in prescribing notes.	Feb 2026
Skin	Adult and Child		Eczema and Contact Dermatitis		Specialist initiation flag removed from adex gel, remains more costly than other gel emollients, remains reserved for special circumstances, i.e. traditional emollients available at a lower acquisition cost remain first line, reserved for use when a steroid sparing, anti-inflammatory action is required.	April 2026
Skin	Adult		Eczema		Delgocitinib cream added ERFC March.	April 2026
Skin	Adult		Psoriasis		Apremilast changed from brand to generic.	April 2026
Wounds	Adult		Wound care/Hydrocolloid dressings		Duoderm extra thin update to show sizes available via PECOS only.	March 2026
Various	Adult and Child				Old Amgevita formulations 20mg/0.4ml and 40mg/0.8ml removed as discontinued.	April 2026

To review Formulary Decisions noted at the East Region Formulary Committee refer to the [Minutes of East Region Formulary Committee](#) or alternatively search [Formulary Decisions](#) with the relevant start date. See example below:

The screenshot displays the Lothian Joint Formulary website interface. At the top, there is a navigation bar with the site name and a search bar. Below this is a menu with categories: Therapeutic Areas, Medicines A-Z, Conditions A-Z, Medicine Categories, and Formulary Decisions. The main content area features a breadcrumb trail (Home > Formulary Decisions) and a large heading 'Formulary Decisions'. A sub-heading reads 'Search for the outcome of decisions made by the Formulary Committee'. Below this is a search filter panel with several input fields: 'Generic medicine name', 'Medicine brand name', 'Therapeutic area' (dropdown), 'Start date' (calendar), 'End date' (calendar), and 'Source' (dropdown). The 'Start date' calendar is open, showing the month of December 2020, with the 16th highlighted in yellow. The footer contains the Lothian Joint Formulary logo, links for 'Privacy and cookies', 'Terms and conditions', and 'Contact us', and a copyright notice. On the right side of the footer, there are logos for 'Healthier Scotland Scottish Government' and 'NHS SCOTLAND'.