



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/.

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 LJJ website.
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Chapter	Adult or Child	Group	Condition	New content	Month of ERWG/ERFC
CNS	Adult	CNS > pain related conditions Anaesthesia > peri-operative treatment	CNS > pain related conditions > pain Anaesthesia > peri-operative treatment > peri-operative analgesia	Review of ERF recommendations in response to MHRA Drug Safety Update - Prolonged-release opioids: Removal of indication for relief of post-operative pain - GOV.UK	October 2025
CNS	Adult	Pain related conditions	Pain relief in pregnancy	Prescribing information updated in response to <i>Paracetamol and pregnancy MHRA guidance</i> - Paracetamol and pregnancy - reminder that taking paracetamol during pregnancy remains safe - GOV.UK	October 2025
CNS	Adult	Depression	Depression	Updates to opening text and guidance links.	December 2025
CNS	Child	Epilepsy conditions	Epilepsy > Step 1: Status epilepticus (follow the Advanced Paediatric Life Support (APLS) guideline)	Updated prescribing information.	December 2025
CNS	Adult & Child	Pain with a neuropathic component OR neuropathic pain		Capsaicin 0.075% Axsain topical supply disruption resolved and addition of information for MHRA DSU Gabapentinoids.	February 2026
Endocrine	Adult	Diabetes Mellitus	Diabetes Mellitus - type 1	MSAN(2025)43 Admelog® (insulin lispro) 100units/ml solution for injection 3ml cartridges; Admelog® (insulin lispro) 100units/ml solution for injection 3ml pre-filled pens; Admelog® (insulin lispro) 100units/ml solution for injection 10ml vials – Removal of discontinued products.	October 2025
Endocrine	Adult	Bone metabolism	Treatment of postmenopausal osteoporosis	Ibandronic acid 50mg tablets removed.	October 2025

Chapter	Adult or Child	Group	Condition	New content	Month of ERWG/ERFC
Endocrine	Adult	Diabetes Mellitus	Diabetes Mellitus - type 2 > 1st line medicines treatment, 2nd line medicines treatment, 3rd line medicines treatment	Oral Semaglutide formulations updated, updates for Dapagliflozin/Empagliflozin positioning, GLP 1 clarifications on treatment selection.	January 2026
Endocrine	Adult	Diabetes Mellitus	Diabetes Mellitus - type 2 > Type 2 diabetes – step 3	Update to oral semaglutide formulations in line with MHRA DSU.	January 2026
Ear, nose & oropharynx	Adult	Oropharynx and oral cavity	Oral Ulceration	Hydrocortisone 2.5mg muco-adhesive buccal tablets sugar free discontinued.	November 2025
Eye	Adult	Eye conditions requiring specialist treatment	> Macular oedema > Age-related macular degeneration > Choroidal neovascularisation (CNV)	Addition of lowest cost 2mg Aflibercept biosimilar and removal of original Eylea 2mg brand, revised order of choice and removal of brolocizumab.	January 2026
Infections	Adult	Urinary tract	Urinary tract infection (UT)	Revision of recommendations on Ascorbic acid to align to Scottish Government Medicines of Low and Limited Clinical Value guidance.	November 2025
Musculoskeletal & Joint Diseases	Adult	Musculoskeletal & Joint Diseases	Osteoarthritis	Capsaicin 0.025% cream (Zacin) supply disruption resolved.	February 2026

Chapter	Adult or Child	Group	Condition	New content	Month of ERWG/ERFC
Nutrition & Blood	Adult	Blood	Thrombocytopenic purpura > Treatment of Idiopathic Thrombocytopenic Purpura	Eltrombopag brand removed of as generic now available. Choice within formulary changed from fourth-line to second-line treatment option.	November 2025
Respiratory	Adult & Child	Respiratory disorders	Asthma/COPD	Salbutamol 2.5mg/2.5ml nebuliser liquid unit dose vials and salbutamol 5mg/2.5ml nebuliser liquid unit dose vials discontinued.	December 2025
Respiratory	Adult	Respiratory disorders	Pulmonary fibrosis > Treatment of other chronic fibrosing Interstitial Lung Disease (ILD)	Pathway title changes from Pathway 1: Pulmonary Fibrosis to Interstitial Lung Disease, and Pathway 2: Treatment of other chronic fibrosing interstitial lung disease (ILD) to Treatment of Progressive Pulmonary Fibrosis (PPF) and other inflammatory ILD types Azathioprine and Methotrexate added as options for Interstitial Lung Disease.	November 2025
Skin	Adult	Skin conditions	Psoriasis	New strength of Bimekizumab formulation 320mg added.	November 2025
Skin	Adult & Child	Skin	Dermatitis – contact and Eczema	Review of emollients to reflect the <i>Medicines of Low and Limited Clinical Value</i> Scottish Government guidance - Items of Low and Limited Clinical Value - Medicines - achieving value and sustainability in prescribing: guidance - gov.scot	October 2025

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:

Lothian Joint Formulary

[Therapeutic Areas](#) [Medicines A-Z](#) [Conditions A-Z](#) [Medicine Categories](#) [Formulary Decisions](#)

[Home](#) > [Formulary Decisions](#)

Formulary Decisions

Search for the outcome of decisions made by the Formulary Committee

Generic medicine name

Medicine brand name

Therapeutic area

Start date

End date

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Lothian Joint Formulary

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