

<p>Mild Dry Eye Treatment - Primary Care</p>	<p>Moderate Dry Eye Treatment - Primary Care/Secondary Care</p>	<p>Severe Dry Eye Treatment - Primary Care/Secondary Care</p>
<p>Encourage self - care with OTC products for self-limiting short term use</p> <p>If prescribing:</p> <ul style="list-style-type: none"> • First line: Hypromellose 0.3% eye drops 10ml (OTC) Prescribe generically (not PF) 28 day expiry after opening • Second line: Carbomer '980' 0.2% gel Prescribe as Clinitas Carbomer gel 10g tube 28 day expiry after opening • Third line: Carmellose 0.5% eye drops PF Prescribe as Cellusan Light 10ml 3 month expiry after opening 	<ul style="list-style-type: none"> • First line: Carbomer '980' 0.2% gel Prescribe as Clinitas Carbomer gel 10g tube 28 day expiry after opening • Second line: Carmellose 0.5% eye drops PF Prescribe as Cellusan Light 10ml 3 month expiry after opening • Third line: Sodium hyaluronate 0.1% eye drops Prescribe as Vizulize 0.1% eye drops 10ml 3 month expiry after opening <p>If PF required: Prescribe as Hylo-Tear 0.1% eye drops 10ml 6 month expiry after opening</p> <ul style="list-style-type: none"> • Ointment for night use: Paraffin based ointment PF Prescribe as Xailin Night 5g tube 2 month expiry after opening 	<p>Use of PF eye drops for severe dry eyes</p> <ul style="list-style-type: none"> • First line: Sodium hyaluronate 0.1% eye drops PF Prescribe as Hylo-Tear 0.1% eye drops 10ml 6 month expiry after opening • Second line: Sodium hyaluronate 0.2% eye drops PF Prescribe as HydraMed 0.2% eye drops 10ml 3 month expiry after opening • Third line: Paraffin and retinol based ointment PF Prescribe as HydraMed night 5g tube 3 month expiry after opening
<p>Notes</p> <ul style="list-style-type: none"> • Carbomer 980-use 30 minutes before putting in contact lenses • Cellusan Light also suitable for contact lens wearers • OTC = pharmacy medicine, available for self-purchase • PF = preservative free • Review continued use of eye drops on a regular basis • Opticians-some products recommended by opticians are not prescribable, e.g. Hycosan. Please prescribe a cost effective formulary product. 	<p>Notes</p> <ul style="list-style-type: none"> • Preservative free formulations should be reserved for: <ul style="list-style-type: none"> -Genuine allergy to a preservative -Evidence of epithelial toxicity from preservatives (demonstrated by persistent red eyes) -Moderate to severe dry eyes -Long term treatment > 3 months -Frequency > 6 times daily -Soft contact lens wearers 	<p>Notes</p> <p>REFER FOR SPECIALIST REVIEW:</p> <ul style="list-style-type: none"> • Uncontrolled symptoms after 6 months • After unsuccessful treatment attempts with 3 products • Reduced vision • Eye redness and pain • Patients with Sjögren's syndrome or other inflammatory eye disorders whose symptoms do not resolve

<p>For Specialist initiation only Continue prescribing in Primary Care</p>	<ul style="list-style-type: none"> • Ciclosporin 1mg/ml eye drops (Ikervis): Only for severe keratitis in adults with dry eye disease that has not improved despite use of tear substitutes (NICE TA369) • Acetylcysteine 5% (Ilube): filamentary keratitis
---	---

Title	Primary Care Prescribing Guidelines for the Management of Dry Eyes
Reference	The Preferred Practice Pattern. Dry Eye Syndrome. The American Academy of Ophthalmology. Ltd Revision October 2013 http://www.aao.org/preferred-practice-pattern/dry-eye-syndrome-ppp--2013
Acknowledgements	Moorfields Eye Hospital
Version	1
Author	Medicines Management Team
Approved by	Basildon & Brentwood CCG: Prescribing Subgroup, Patient Quality and Safety Committee, Board Thurrock CCG: Medicines Management and Safety Group, Patient Quality and Safety Committee, Transformation & Sustainability Committee, Board South West Essex Medicines Management Committee
Date approved	March 2018
Review date	March 2020