

MID AND SOUTH ESSEX MEDICINES OPTIMISATION COMMITTEE (MSEMOC)

LIDOCAINE 5% MEDICATED PLASTERS

YELLOW: RESTRICTED FOR USE FOLLOWING PAIN SPECIALIST RECOMMENDATION FOR THE LICENSED INDICATION OF POST-HERPETIC NEURALGIA

BLACK: NOT RECOMMENDED FOR PRESCRIBING IN PRIMARY, SECONDARY OR COMMUNITY CARE FOR ANY UNLICENSED INDICATION

Mid and South Essex CCGs do not support the prescribing of lidocaine 5% plasters (Versatis® or Ralvo®) outside their licensing.

Lidocaine 5% medicated plasters are licensed for the symptomatic relief of neuropathic pain associated with previous herpes zoster infection (post-herpetic neuralgia, PHN) in adults. **Lidocaine 5% medicated plasters are not licensed for any other indication.**

Recommendations:

- Do not initiate treatment with lidocaine plasters in primary care. Lidocaine plasters are suitable for primary care continuation following Pain Specialist Team recommendation in line with the licensed indication.
- Review efficacy and tolerability of lidocaine plasters 2 to 4 weeks after initiation and **STOP** if ineffective.
- Treatment should be reassessed at least six-monthly and an attempt made to either reduce the amount or size of plasters needed to cover the painful area, or to extend the plaster-free period.
- Under no circumstances should there be open-ended GP prescribing of lidocaine plasters without a review date.
- If prescribing of lidocaine plasters is clinically appropriate, prescriptions should specify the brand name Ralvo® which represents better value prescribing
- Review the prescribing of lidocaine plasters used for any other indication.

Additional information:

- Symptoms of post-herpetic neuralgia may include constant or intermittent stabbing or burning pain, allodynia (pain induced by a non-painful stimulus), hyperalgesia (severe pain from a mildly painful stimulus), and intense itching. Symptoms can resolve after a few months, or may persist for longer.
- Counsel patients that about 16% of people who use lidocaine plasters experience adverse effects such as burning, dermatitis, erythema, pruritus, rash, or other skin irritation.
- Up to three plasters can be applied to a painful area once daily for a maximum of 12 hours within a 24 hour period. Plasters can be cut into smaller sizes and the smallest size plaster that relieves symptoms should be used.

This position is supported by NHS England as part of the items which should not routinely be prescribed in primary care.

Providers commissioned to provide services on behalf of Mid and South Essex CCGs are reminded that they are required to follow the local joint formulary and prescribing guidance, as detailed in the medicines management service specification of their contract.

References	NHS England guidance on 'Items which should not routinely be prescribed in primary care' (June 2019): https://www.england.nhs.uk/wp-content/uploads/2019/08/items-which-should-not-routinely-be-prescribed-in-primary-care-v2.1.pdf PrescQIPP Bulletin 200 November 2017 version 3.0: https://www.prescqipp.info/umbraco/surface/authorisedmediasurface/index?url=%2fmedia%2f1415%2fb200-lidocaine-plasters-drop-list-30.pdf
Acknowledgements	Mid and South Essex CCGs Medicines Management Teams
Version	1.0
Author	HCPMSEMOC working group
Approved by	MSEMOC; MSE Joint Committee
Date Approved	May 2021; May 2021
Review Date	May 2026 or earlier subject to any new updates nationally