

Women's Health

Update October 2008

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CPLD reviews its distance learning programmes every twelve months to ensure currency. This update has been produced by an expert and should be read in conjunction with the Women's Health distance learning course. Where updated information has been provided, we have indicated the relevant section and page number in Women's Health for your reference. All updated information is available to download from the CPLD website www.nicpld.org

Pharmacists are reminded that information contained in this addendum is correct at the time of publication (October 2008) but it is their responsibility to keep up-to-date with any changes in practice.

Section 1: Cystitis

P18 - Nitrofurantion. -Consultation (April 2008) on proposal to reclassify Cystobid® 100mg to a P medicine. No decision on outcome to date.

P19 - Table 2 -the following products have been discontinued:
Cystoleve® Powders
Cystemme® Sachets

Section 2: Vaginal and related conditions

P30 - The national Chlamydia screening programme referred to on p.30 has been concluded. See guidance on Chlamydia Screening Programmes on www.dh.gov.uk, www.dhsspsni.gov.uk

Azithromycin has been reclassified from POM to P for use in Chlamydia screening programmes. For further information see www.rpsgb.org

P39 - See information on new vaccines Gardasil® and Cervarix® on <http://emc.medicines.org.uk/> and information on immunization programme on www.dh.gov.uk and www.dhsspsni.gov.uk

P39 - Prodigy website is now: www.cks.library.nhs.uk

See www.dh.gov.uk and www.dhsspsni.gov.uk as reference for Sexual Health/Chlamydia Screening.

Section 3: Menstrual disorders

P47 - Line 9 delete Feminax® - it is reformulated and no longer contains hyoscine
Exercise 5 - Delete Feminax®

P51 -Table 4 Duphaston® has been discontinued.

P52 - Antifibrinolytic drugs. There is a consultation underway to reclassify Cyklo-f ® containing tranexamic acid to P medicine. The outcome is awaited.

Section 4: Contraception

P63 - After final paragraph, insert:

A pilot scheme has been launched to supply oral contraceptive pills from some pharmacies in London (see P.J. 28th June 2008). Possible consideration is being given to a consultation to reclassify the legal status for contraceptive pills to enable them to be supplied from pharmacies.

P65 - in case study 4 delete Minulet (discontinued) and replace with Mercilon®

P74 - line 1 insert the following text after cycle (but best to avoid heavy days of period)

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P75 IUS, line 3, amend to '20 micrograms per 24 hours'

P78 - under Caps - Delete bullet point 5 as all rubber latex caps listed were discontinued September 2007.

P79 - Amend Table 7 as a number of products have been discontinued

DELETE in column 1	DELETE in column 2
Gynoll 11	Lomexin
Nystan Pessaries	Sultrin
Ortho Crème	Nizoral
Orthoforms	
Senselle	

Insert - Gygel®,

Replens now Replens® MD

Amend NB. In the case of Nizoral®, Ovestin® and Premarin® Products for vaginal/rectal use, affect unknown.

P80 - line 4, amend to read
"The spermicidal agent nonoxinol 9 is available as a gel, Gygel®"

P88 - exercise 14 reference at bottom was updated in 2007 for Northern Ireland (www.psni.org.uk) and late 2006 for RPSGB (www.rpsgb.org.uk) with regard to advance supply of EHC.

P90 - References
Bullet point 3 amend to read www.cks.library.nhs.uk (formerly Prodigy)

Section 5: Conception and Pregnancy

P94 - Paragraph 6 line 4-5. Amend the website address to read www.clearblue.co.uk

P98 - Diagnosis 3 - Menogon® has now been discontinued. Also mentioned on Page 99, paragraph 2 line 1.

P102 - First paragraph line 3, amend Compass Notes from 2003 as these are now obsolete and have been replaced with - Compass Therapeutic Notes- Management of Chronic Illness in Pregnancy October 2007.

Page 102 - Paragraph 4, line 2 amend November 2005 to read May 2008. It can be accessed at www.sign.ac.uk

P110 - under box Coughs, delete reference to Compass Notes as this is obsolete and replacement does not cover OTC medicines.

P111 - paragraph 2 line 4-5 delete Compass Notes reference as obsolete and replacement update does not cover this topic.

Section 6: The menopause

P119 - After Tibolone insert -Current guidance from MHRA/CHM - Drug Safety Update Vol 1 Issue 2 - Tibolone Benefit/Risk balance September 2007 (www.mhra.org.uk)

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P122 - Paragraph 3 (Oral Administration) line 5 Delete - Duphaston®HRT and Micronor® HRT both discontinued

Insert - Climonor® (medroxyprogesterone), Utrogestan® (progesterone)

P129 -Delete line 10-13, information on Menoring®, this product has been discontinued

P130 - Delete first paragraph on Nasal preparations, Aerodiol® has been discontinued

P130 - at end of second paragraph after "disease" insert. For further information see HRT Updated Advice -Drug Safety Advice -Drug Safety Update Vol 1 Issue 2 September 2007. (www.mhra.org.uk)

P130 - under Osteoporosis amend reference on new line:
Further information can be found in Compass Therapeutic Notes, Management of Postmenopausal Osteoporosis July 2008.

P131 - last line after patient insert: MHRA/CHM guidance -Drug Safety Advice Volume 1 Issue 2 September 2007.

P136 - under Bisphosphonates insert a new paragraph.
Zoledronic acid is available as a once yearly injection licensed for the treatment of osteoporosis in postmenopausal women at increased risk of fracture. Patients should be appropriately hydrated and taking calcium and vitamin D supplements is required.

Clinical trials have suggested an increased risk of atrial fibrillation for zoledronic acid, pamidronic acid and possibly for alendronic acid. The balance of risk/benefit for bisphosphonates remains favourable. For further information see MHRA/CHM Drug Safety Update Volume 1 Issue 12 July 2008. This can be accessed at www.mhra.gov.uk

P138 - Paragraph 1 after exercise 31 amend reference to Compass Therapeutic Notes Management of Postmenopausal Osteoporosis July 2008, which can be accessed via www.nicpld.org

P138 -There are a number of reviews in progress, access www.nice.org for latest guidance.

P139 -141 - Information may be reviewed in light of more recent reports. See MHRA Public assessment Report on HRT and Drug Safety Update September 2007.

P141 - after last paragraph on Tibolone insert. For further information see Drug Safety Update Vol 1 Issue 2 September 2007 (access www.mhra.gov.uk)

Useful references and addresses

P149 - add British Menopause Society 4-6 Eton Place Marlow, Bucks SL7 2 QA, www.thebms.org.uk

P150 - Bullet points 2, after "4th edition 2004" add in: New edition due November 2008.

New texts available

Contraceptive Dilemmas Second Edition by Anne Szarewski 2006, Altman Publishing.

Prescribing in Pregnancy Fourth Edition 2007 by Peter Rubin and Margaret Ramsay, Blackwell Publishing

The Menopause -Endocrinologic Basis and Management Options 5th Edition 2007 by Bernard Eskin, informa healthcare

Inserts - Please note that some products have been discontinued:

NSAIDs - Diflunisal (Dolobid®) discontinued; change Indomethacin to Indometacin

COCs: Delete Minulet® and Triminulet® -discontinued

POPs: Delete Microval® - discontinued

HRT (Oral Oestrogen Only) -Femtab® discontinued , Add in Premarin® 300mcg

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HRT Oest/Prog: Femtab Continus® -discontinued
HRT: Femtab® Sequi -discontinued
HRT: Vag. Oest. Preps.: Menoring® -discontinued
HRT: Transdermal/Oral Sequential Combined: Evorel® Pak -discontinued
HRT: Other Oestrogen Only Preps. Oestradiol Implant 100mg, Aerodiol® -discontinued

Exercise and case study answers

Exercise 4 - Delete Advil, insert Feminax ®Ultra

Exercise 5 - Delete Feminax® as this no longer contains hyoscine butylbromide

Exercise 7 - Delete Triminulet®, now discontinued

Exercise 7 - last line should read www.fpa.org.uk

Exercise 21 - Delete Algicon®

Case Study 3 (part i) line 2 amend to read. "As the Feminax® (paracetamol and codeine) has been ineffective".....

Case Study 4 - final line. Delete Minulet® (now discontinued) and replace with Mercilon®.

Replace Minulet with Mercilon on lines 3,11 15 on Page A20, also replace line 12 , 30 micrograms with 20 microgramsFurther reading (Continued)