

<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

For Specialist initiation only
Continue prescribing in Primary Care

- **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
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