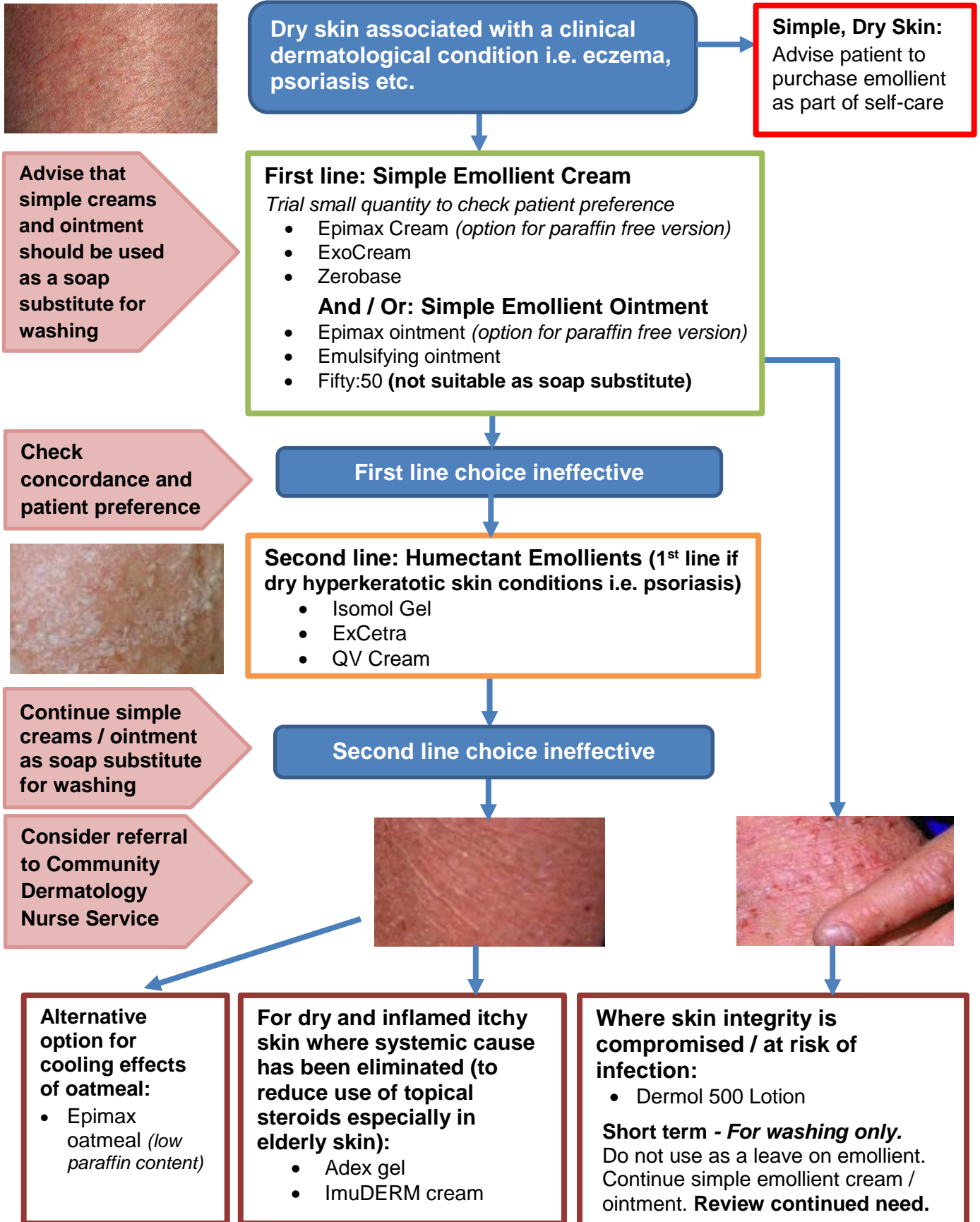


Norfolk and Waveney Primary Care Emollient Pathway

For more information refer to [AGEM CSU Skin formulary](#)



Quick Guide to Cost Effective Emollient Prescribing

Note **risk of severe and fatal burns** with paraffin containing and paraffin free emollients – see [MHRA](#) alert

First Line Simple Emollient Creams

First line emollient therapy for patients with a clinical, dermatological condition:

| Formulary choice | Additional info |
|---|---------------------------------|
| Epimax Cream <i>Light consistency, paraffin free version available</i> | 6% LP, 15% WSP |
| Exocream <i>Cost effective alternate to E45</i> | 1% lanolin, 14.5% WSP, 12.6% LP |
| Zerobase <i>Thicker consistency</i> | 11% LP, 10% WSP |

First Line Simple Emollient Ointments

First line emollient therapy for all eczema patients.

| Formulary choice | Additional info |
|---|---|
| Epimax ointment <i>Paraffin free version available</i> | May be preferred for night time use because of level of greasiness. |
| Emulsifying ointment | |
| Fifty:50 | |

Emollient Wash Products

Most simple creams and ointments can be used as soap substitutes. Bath and Shower products are **non-formulary**. **QV GENTLE WASH** may be used as a formulary option where the use of creams and ointments as soap substitutes are not acceptable for individual patients.

Second Line Humectant Emollients

Second line for patients in whom simple first line emollients are not effective. First line for patients with psoriasis and other dry hyperkeratotic skin conditions.

| Formulary choice | Additional info |
|---|---|
| Isomol Gel <i>Cost effective alternative to Doublebase</i> | Isopropyl myristate 15%, LP 15%, 10% glycerol |
| ExCetra <i>Cost effective alternative to Cetragen</i> | 4.5% Glycerol, 13.2% WSP 10.5% Light LP |
| QV Cream | Glycerol 10%, light LP 10%, WSP 5% |

CONSIDER REFERRAL TO COMMUNITY DERMATOLOGY NURSING SERVICE, IF SECOND LINE EMOLLIENTS ARE NEEDED.

Antipruritic Emollients

For use where systemic causes of itch have been eliminated and where treatments for dry skin have not worked or are not appropriate. For elderly patients with dry and inflamed skin to reduce need for topical corticosteroids.

| Formulary choice | Additional info |
|--|--|
| Adex Gel | Isopropyl myristate, LP, glycerol & nicotinamide |
| Imuderm <i>Cost effective alternative to Balneum products</i> | Urea 5%, glycerol 5% |

Alternative for cooling effect of oatmeal

| | |
|---|--|
| Epimax Oatmeal <i>Cost effective alternative to Aveeno</i> | 1% colloidal oatmeal, 3.5% LP, 0.75% WSP |
|---|--|

Antiseptic Emollients

For use where skin integrity is compromised and at risk of infection. **Not** to be used as a leave on emollient.

| Additional info | |
|--|--|
| Dermol Lotion <i>For use as a soap substitute. Short term use only.</i> | 0.1%, benzalkonium chloride / 0.1% chlorhexidine HCL |

X DO NOT PRESCRIBE (NON –FORMULARY EXPENSIVE CHOICE) X:

| | | |
|------------------------------|------------------------------|--|
| X Hydromol Cream /Ointment X | X Diprobase Cream X | X E45 Cream/Lotion/Itch Relief cream X |
| X Dermol Cream X | X Epaderm Ointment / Cream X | X Balneum cream / Balneum plus X |