### Primary Care Prescribing Guidelines for the Management of Dry Eyes

#### Mild Dry Eye Treatment - Primary Care
- **Encourage self-care** with OTC products for self-limiting short term use
- **If prescribing:**
  - **First line:** Hypermellose 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

#### Moderate Dry Eye Treatment - Primary Care/Secondary Care
- **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 PF
  - Prescribe as Vizulize 0.1% eye drops 10ml
  - 3 month expiry after opening
- **Ointment for night use:** Paraffin based ointment PF
  - Prescribe as Xailin Night 5g tube
  - 2 month expiry after opening

#### Severe Dry Eye Treatment - Primary Care/Secondary Care
- **Use of PF eye drops for severe dry eyes**
  - **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

#### Notes
- 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.

**For Specialist initiation only**
- **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

REFERR FOR SPECIALIST REVIEW:
- 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
<table>
<thead>
<tr>
<th><strong>Title</strong></th>
<th>Primary Care Prescribing Guidelines for the Management of Dry Eyes</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Acknowledgements</strong></td>
<td>Moorfields Eye Hospital</td>
</tr>
<tr>
<td><strong>Version</strong></td>
<td>1</td>
</tr>
<tr>
<td><strong>Author</strong></td>
<td>Medicines Management Team</td>
</tr>
<tr>
<td><strong>Approved by</strong></td>
<td>Basildon &amp; Brentwood CCG: Prescribing Subgroup, Patient Quality and Safety Committee, Board&lt;br&gt;Thurrock CCG: Medicines Management and Safety Group, Patient Quality and Safety Committee, Transformation &amp; Sustainability Committee, Board&lt;br&gt;South West Essex Medicines Management Committee</td>
</tr>
<tr>
<td><strong>Date approved</strong></td>
<td>March 2018</td>
</tr>
<tr>
<td><strong>Review date</strong></td>
<td>March 2020</td>
</tr>
</tbody>
</table>