

# **Prescribing Guideline for the Management of Dry Eye**



intograted working

All lubricating agents in this guideline and eyelid wipes can be purchased Over The Counter and patients should be encouraged to do this where appropriate.

### Common dry eye symptoms:

- Gritty or burning sensation
- Redness
- Watery
- Discomfort
- Blurred vision

Symptoms are often worse on waking or when reading, watching TV or using screens.

### Examine eyelids for evidence of blepharitis:

- Hyperaemia of eyelid margins
- Crusting at base of eye lashes

If evidence of blepharitis is present, offer information on eye lid hygiene (blepharitis patient information leaflet).

### **Consider topical lubricants:**

- Drops: 3 or 4 times a day when required
- Add ointment for night time use if necessary
- Encourage preservative-free (PF) agents if prolonged (more than 6 months) or frequent (more than 4 times a day) use necessary.

Refer to HES if symptoms difficult to control or if there are concerns relating to associated ocular or systemic pathology.

## First line topical lubricants

or

### Polyvinyl alcohol

- Sno Tears® (preserved) eye drops £1.06/10ml
- Liquifilm Tears® (preserved) eye drops £1.93/15ml

Avoid preserved agents if prolonged or frequent use necessary

# Sodium hyaluronate 0.1%, carmellose sodium 0.5%, glycerol 0.9%

\*<sup>‡</sup>Optive fusion® (contains a preservative which biodegrades on contact with eye)
£7.49/10ml

Can be used up to 180 days after opening but should not be used after expiry date marked on the product

### Hypromellose

• Hypromellose 0.3% (preserved) eye drops £1.37/10ml

Avoid if prolonged or frequent use necessary. Use of this agent is not supported by West Suffolk Ophthalmology Department.

£8.50/10ml

### Carbomer

Clinitas Gel<sup>®</sup> (preserved) £1.49/10g

Viscotears® Gel (preserved) £1.59/10g

For night time use

# **Second line topical lubricants**

### Carmellose sodium

on the product

\*\* Moorfields® carmellose sodium 1% PF eye drops

In-use shelf life 60 days from opening but should not be used after expiry date marked

£7.49/10ml

or

Sodium hyaluronate

\*<sup>‡</sup>Hylo-Tear® (PF) eye drops

after expiry date marked on the product

Shelf life 6 months after opening but should not be used

Paraffin

+/-

+/-

• Xailin Night® (PF) eye ointment £2.49/5g

• Simple eye ointment (PF)

For night time use

Abbreviation: HES – Hospital Eye Service

\*There is no published evidence that these formulations are more effective than the other options. They are included in this guideline based on the specialist opinions of ophthalmologists at West Suffolk Foundation Trust (WSFT)

<sup>‡</sup>These formulations should not be placed on regular 4-week repeat. Patients should be reminded not to discard 28 days from opening as is the case with most topical eye formulations

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or

Prices correct as at December 2015<sup>1, 2</sup>

£3.65/4g

#### References

- 1. Haymarket Media Group Limited (2015): MIMS. [Online]: Haymarket Media Group Limited. Available: http://www.mims.co.uk/ [Last accessed 3 December 2015]
- NHS Business Services Authority and NHS Prescription Services (2015): NHS England and Wales: December 2015 Electronic Drug Tariff. [Online]: Crown. Available: http://www.drugtariff.nhsbsa.nhs.uk/#/00280039-DC/DC00280030/Home [Last accessed 3 December 2015]

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