

## APPENDIX 1

### Indications for Use

- a. **Glucosamine and Chondroitin** – used for OA, possible preserve cartilage. Unregulated and should not be being prescribed.
- b. **Herbal Treatments** – various uses but lack evidence to support prescribing.
- c. **Lutein and Antioxidants** – supplement, research in cataract and macular degeneration.
- d. **Omega Fatty acid compounds** – supplement used in cardiovascular disease and other uses. Lack evidence of benefit.
- e. **Oxycodone and Naloxone combination product** – pain. Oxycodone advised alone.
- f. **Paracetamol and Tramadol combination product** – pain but prescribed separately is cheaper.
- g. **Perindopril Arginine** – hypertension, heart disease, chronic kidney disease. Alternative ACE inhibitors on formulary cheaper.
- h. **Rubefacients** – eg Deep Heat and menthol gels. Available over the counter.
- i. **Trimipramine** – antidepressant, pain relief and migraine. Cheaper alternatives on formulary.
- j. **Once Daily Tadalafil**
- k. **Lidocaine plasters** – post herpetic neuralgia but being used off license for other pain conditions.
- l. **Liothyronine** – hypothyroidism not supported by NHSG. Convert to levothyroxine which is cheaper.