

## York Prescribing Guidance for Dry Eye and Corneal Damage/Erosion/Dystrophy

				30 Day Cost for 1 Dose in both eyes (Preservative-free Options)	
	Preserved Options	Preservative-free Options	Expiry	4 x daily	6 x daily
Mild Dry eye	Hypromellose 0.5% Preserved with benzalkonium chloride ISOPTO PLAIN 10mL £9.91	Carbomer 0.2% Perborate preservative - converted to water and oxygen in the eye XAILIN GEL 10x £3.25	28 days after opening	£6.00	£9.00
	Carbomer 980 0.2% Preserved with cetramide CLINITAS GEL 10x £3.49	Carmellose 0.5% XAILIN FRESH 30 x 0.4mL £3.84	Single use	£15.36	£23.04
Significant Dry Eye Persistent epithelial defects Neurotrophic keratitis Exposure keratitis May also be considered for evaporative dry eye	<b>Significant dry eyes should not be treated with preserved drops</b>	Sodium hyaluronate 0.4% CLINITAS MULTI 10mL £6.99	90 days after opening	£6.71	£10.07
		Sodium hyaluronate 0.2% HYLO-FORTE 10mL £9.50	6 months after opening	£7.60	£11.40
		Sodium hyaluronate 0.4% CLINITAS 30 x 0.5mL £5.70	12 hours after opening	£11.40	£11.40
Evaporative Dry Eye	Any green lubricant above and heat and massage to the lid margin (posterior blepharitis treatment) and consider self purchase of heat bag (e.g. eye bag or equivalent)				
	Carmellose 0.5%, glycerol 1% & castor oil 0.25% Purite preservative - breaks down into natural tear components on the eye OPTIVE PLUS 10mL £7.49		6 months after opening	£8.99	£13.48
	Propylene glycol, hydroxypropyl guar, mineral oil, anionic phospholipid POLYQUAD preservative - reduced risk of corneal damage compared to benzalkonium chloride SYSTANE BALANCE 10mL £7.49		6 months after opening	£8.99	£13.48
Ointment based, e.g. night time use		Paraffin based XAILIN NIGHT 5g £2.49	2 months after opening	<b>Ointments - usually for night time use</b>	
Persistent epithelial defects		Paraffin based VitA-POS 5g £2.75	6 months after opening		
Neurotrophic keratitis Exposure keratitis		Paraffin based LACRI-LUBE 3.5g £2.94, 5g £3.88	1 month after opening		

RAG Status	Description
Green	Green: Suitable for primary and secondary care prescribing.
Amber	Amber Specialist Recommendation: Can be prescribed by primary care after recommendation by a specialist with appropriate supporting information. No written shared care document necessary.

This guide can, where appropriate, be used in connection with the Vale of York CCG medal ranking table for ocular lubricants.

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