

Prescribing and Medicines Optimisation Guidance

Issue: 111

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Safety guidance

1. Precautionary safety warning: Aactive D3 – Colecalciferol 2,000iu/ml oral drops

We have been made aware by the Neonatal and Paediatric Pharmacy Group (NPPG) of a series of children admitted to hospital in Greater Manchester with significantly raised vitamin D and calcium levels due to potential overdosing of colecalciferol. Each patient had been prescribed the food supplement: Aactive D3 oral drops, containing colecalciferol 2,000iu/ml, in primary care.

The Foods Standards Agency has now issued a recall for the affected batches of this product. Please treat this as a precautionary alert for awareness.

The potential for significant deviation from the labelled concentration when using Vitamin D products marketed as food supplements has previously been described. It is recommended that **licensed medicinal products** are used for the administration of **treatment** doses of Vitamin D. The use of food supplements to administer **maintenance or prophylactic** doses is generally lower risk due to a much wider margin of error.

A list of recommended licensed medicinal products (colecalciferol) may be found on the final page of our ICB Vitamin D intervention brief (adults). [LINK](#)

2. Valproate: Easy-read patient leaflet now available [LINK](#)

Collaborative work by NHS England (SE) has resulted in a new, long awaited easy-read patient leaflet explaining the risks and new regulatory changes around valproate prescribing. The leaflet is also available in over 30 different languages and may be saved as pdf or printed. It is also available via the ICB website via Medicines Optimisation/ Information for patients / medication safety/ valproate :[LINK](#)

Local guidance

3. HIOW Sativex Shared Care Guideline [LINK](#)

The Sativex (cannabidiol 2.5 mg per 1 dose, dronabinol 2.7 mg per 1 dose) SCG for moderate to severe spasticity due to multiple sclerosis (MS) has been updated and now supports use across Hampshire and IOW.

4. Continuous Glucose Monitoring (CGM) for Diabetes in Adults and Children [LINK](#)

Hampshire and Isle of Wight ICB Priorities Committee policy for CGM for Diabetes in Adults and Children is now available on the link above.

National guidance

5. DHSC: Oral methadone and buprenorphine: recommendations [LINK](#)

Clinicians should use this guidance, alongside Orange Book, to inform their prescribing of oral methadone & buprenorphine (BPN) as substitute medication to people who are in treatment for opioid dependence. Further guidance on BPN long-acting injections will be published in 2025.

NICE guidelines

6. Update to NICE (recurrent) urinary tract infection guideline [LINK](#)

New recommendations added for methenamine hippurate as a preventative treatment to the urinary tract infection (recurrent): antimicrobial prescribing guideline (NG112). The evidence reviewed by NICE suggests that methenamine hippurate can be an effective alternative to daily antibiotics for patients who are not pregnant. Other updates include amended recommendations on referral and seeking specialist advice, choice of antibiotic or antiseptic prophylaxis and oestrogens to reflect current practice.

NICE have also produced a **short 3-page visual summary** on the recommendations, including a table to support prescribing decisions. [LINK](#)

7. Maternal and child nutrition: nutrition and weight management in pregnancy, and nutrition in children up to 5 years - updated guidance (NG247) [LINK](#)

Following review of the evidence, the recommendations on weight management during pregnancy have been updated from the NICE guideline on weight management before, during and after pregnancy (PH27, published July 2010).

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Local medicines optimisation teams can be contacted via their generic team mailbox: See [LINK](#)

Previous bulletins can be found hosted on the ICS website here: [LINK](#)