

## Policy Statement; Prescribing of dental preparations are not supported

### **Mid Essex CCG does not support the prescribing of medicines or preparations (general toothpaste and mouthwashes) for dental conditions on GP FP10 prescription**

It is not clinically appropriate for medicines for dental conditions to be supplied via the GP prescription route when patients have been assessed by a dentist and treatment initiated by them.

Some dental medicines require ongoing monitoring and clinical assessment by the dentist, which is in keeping with the dentist retaining the responsibility for prescribing. For example high fluoride toothpastes. It is important to ensure that patients who are prescribed high concentration fluoride toothpaste are under the care of a dental team in order to receive regular monitoring and management of their dental decay risk.

Dental self care and purchasing of general or over the counter dental products should be promoted e.g chlorhexidine for gingivitis. Oral health is an integral part of general health. Poor oral health can have a detrimental effect on general health resulting in a significant impact on quality of life. Dental caries (dental decay) is one of the main contributors to poor oral health.

As regular tooth brushing forms part of the daily routine of the majority of people, it is viewed as a simple but key method of applying fluoride to the tooth.

#### Obtaining medicines for dental conditions

There are various routes by which a dentist can provide patients with, or direct them to appropriate medicines:

- Dentists can issue NHS prescriptions for medicines from the Dental Practitioners' Formulary for treatment provided within an NHS contract. Click on the link below to view the dental prescribing formulary:  
<https://www.evidence.nhs.uk/formulary/bnf/current/dental-practitioners-formulary/list-of-dental-preparations>
- Dentists can issue private prescriptions.
- In some circumstances, dentists are also able to sell medicines directly to patients.
- Dentists, like other healthcare professionals, are also able to signpost patients to appropriate forms of self-care, e.g. direct them to a community pharmacy to purchase an over the counter analgesic

#### Summary

Dentists are usually best placed to assess dental problems, and prescribe and monitor medicines for them. Involving GPs in prescribing medicines for dental conditions is usually unnecessary, and uses valuable appointment/GP time which could be better utilised. Getting GPs to prescribe medicines for dental conditions means that the GP is responsible for both the prescribing and any consequent monitoring required, for which they may not be the most appropriate clinical practitioner.

Providers commissioned to provide services on behalf of Mid-Essex CCG are reminded that they are required to follow the Mid-Essex CCG formulary and prescribing guidance as detailed in their contract (Medicines Management Service Specification).

See Mid-Essex CCG website – Medicines Optimisation page for all prescribing guidance.

<http://midessexccg.nhs.uk/your-health-services/medicines-optimisation>

Do not prescribe the following dental products:

Generic dental product	Brands
<b>Fluoride products</b>	
Sodium fluoride 0.05% mouthwash sugar free	Colgate FluoriGard 0.05% daily dental rinse
	Colgate FluoriGard 0.05% dental rinse alcohol free
	Colgate TOTAL Pro Gum Health daily mouthwash
	Endekay 0.05% daily fluoride mouthrinse
	Oral-B Anti-Plaque Alcohol-Free 0.05% mouth rinse
Sodium fluoride 0.32%/ Triclosan 0.3% dental paste sugar free	Colgate TOTAL Advanced toothpaste
	Colgate TOTAL Pro Gum Health Tartar Control toothpaste
	Colgate TOTAL Pro Gum Health toothpaste
Sodium fluoride 0.37% oral drops sugar free	Endekay Fluodrops 0.37% drops paediatric
Sodium fluoride 0.619% dental paste sugar free	Colgate Duraphat 2800ppm fluoride toothpaste
Sodium fluoride 1.1% dental paste sugar free	Colgate Duraphat 5000ppm fluoride toothpaste
Sodium fluoride 1.1% mouthwash sugar free	Colgate-Duraphat Daily mouthwash
Sodium fluoride 1.1mg chewable tablets sugar free	Fluor-a-day 1.1mg chewable tablets
Sodium fluoride 1.1mg tablets	Endekay Fluotabs 3-6 Years 1.1mg tablets
Sodium fluoride 10mg/5ml oral solution	SPECIAL ORDER
Sodium fluoride 2% mouthwash sugar free	Endekay Fluorinse 2% mouthwash
Sodium fluoride 2.2mg chewable tablets sugar free	Fluor-a-day 2.2mg chewable tablets
Sodium fluoride 2.2mg tablets	Endekay Fluotabs 6+years 2.2mg tablets
Sodium fluoride 20mg capsules	SPECIAL ORDER
<b>Chlorhexidine or hexitidine products</b>	
Chlorhexidine digluconate 0.2%, Chlorhexidine gluconate 0.2%, Chlorhexidine digluconate 0.1%, Chlorobutanol 0.5%	Example brands: Corsodyl®, Listerine®, Colgate® Peroxyl, Eludril®

<b>Document title</b>	Prescribing policy statement on dental preparations
<b>Document reference</b>	DentalprescribingPOL201912V2.1FINAL
<b>Author</b>	Medicines Optimisation Team, Mid Essex CCG
<b>Reference</b>	Prescqipp bulletin 95, January 2015 <a href="https://www.prescqipp.info/-dental-products-on-fp10/category/140-dental-products-on-fp10">https://www.prescqipp.info/-dental-products-on-fp10/category/140-dental-products-on-fp10</a> Basildon and Brentwood CCG Fluoride toothpaste and mouthwash policy July 2016 NHS North Kirklees CCG Medicines for dental conditions on FP10 prescription. July 2015 <a href="https://www.northkirkleescgg.nhs.uk/wp-content/uploads/2015/01/Dental-Products-Commissioning-Statement.pdf">https://www.northkirkleescgg.nhs.uk/wp-content/uploads/2015/01/Dental-Products-Commissioning-Statement.pdf</a>
<b>Approved by</b>	Mid Essex Medicines Management Committee
<b>Date approved</b>	February 2017
<b>Next review date</b>	February 2022

Previous version	Key changes
New document	n/a
June 2016	Addition of a list of fluoride products and chlorhexidine products that should not be prescribed
February 2017	Minor change - No exceptions for GP prescribing for dental conditions