Prescribing Tips and Tools for the Management of Dry Eye Syndrome (DES)

Preferred Drugs — THE RIGHT CHOICE, RIGHT NOW — MEDICINES MANAGEMENT PROGRAMME

First-line treatment options should be considered when prescribing for people with DES.

First-line treatment options are considered the BEST-VALUE preparation by the Medicines Management Programme (MMP).

Products listed on this page are examples of the best-value option, per category listed. Full evaluation report is available at: www.hse.ie/yourmedicines. For a full list of reimbursed items and for further information see overleaf. Costs refers to the reimbursed cost of the eye preparation as listed on the HSE PCRS website (www.pcrs.ie). The prices listed do not include mark-up or dispensing fees that private/Drugs Payment scheme patients may be charged.

Prescribing Considerations

- ✓ **First-line treatment options** should be considered initially when prescribing for people with DES.
- ✓ All pharmacological treatments should be used in conjunction with **lifestyle advice**.
- ✓ Choose the **BEST-VALUE** preparation and prescribe by **BRAND** name.
- ✓ Some preparations have up to six months in-use expiry. Do not prescribe these on a monthly-basis without checking the **patient's requirement**.

Abbreviations: DDU: Daily dose units; DES: Dry eye syndrome; MMP: Medicines Management Programme; PVA: Polyvinyl alcohol; SDU: Single dose units

First-Line Treatment

Polyvinyl Alcohol (PVA)
Liquifilm Tears® 1.4%
€2.15 (15 ml)
In-use expiry: 28 days
Contains preservative

Hypromellose
Artelac® 0.32 %
€2.30 (10 ml)
In-use expiry: 28 days
Contains preservative

Alternative First-Line

Carbomer
Xailin® Gel 0.2 %
€2.89 (10 g)
In-use expiry: 28 days
Preservative-free*

*Preservative-free in the eye

Second-Line Treatment

Sodium Hyaluronate
HydraMed® 0.2 %
€5.67 (10 ml)
In-use expiry: 3 months
Preservative-free

+/- Night Lubrication

Xailin® Night
€2.76 (5 g)
In-use expiry: 60 days

Hylo-Night®
€2.91 (5 g)
In-use expiry: 6 months

Night Lubrication: All first- and second-line options can be used with or without additional lubricating agents at night.

- Choose **one first-line treatment option** initially +/- night lubrication.
- If there is insufficient improvement after **6-8 weeks**, consider another first-line agent or a second-line treatment option.

First-Line Treatment Information

- All recommended first-line treatments are multi-dose preparations.
- Hypromellose may require more frequent administration than carbomer or PVA but may be better tolerated due to **lower viscosity**.

* Xailin® gel is a first-line option for those requiring **preservative-free treatment.** It contains sodium perborate which is a preservative that disappears upon contact with the eye. Contact lenses must be removed prior to use.

Practice Point

Only consider **preservative-free** preparations first-line where the patient:

- has a true preservative allergy,
- has evidence of epithelial toxicity to the preservatives contained in the preparation,
- needs to use more than six applications of eye drops daily over a prolonged period of time,
- wears contact lenses,
- uses multiple eye products.

Daily Dose Unit (DDU) / Single Dose Unit (SDU)

DDU/SDU preparations are individual dosing units. A DDU is designed for multiple dose administrations within 12 hours, whilst SDUs are for single use only. Due to the high acquisition cost of DDU/SDU products compared to multi-dose alternatives, particularly for more frequent dosing, prescribing should be reserved for circumstances where:

- there are no alternative preparations available,
- the patient has dexterity issues,
- inpatient hospital use (consider multi-dose alternative for discharge).

DDU	SDU		
Sodium Hyaluronate HydraMed® 0.2 % €5.67 (0.5 ml DDU x 30) In-use expiry: 12 hours	**Carmellose** Carmellose sodium (Alissa) 0.50 % €3.50 (0.4 ml SDU x 30) In-use expiry: single use	**Carmellose** Celluvisc 0.50 % €3.89 (0.4 ml SDU x 30) In-use expiry: single use	**Carmellose** Xailin® Fresh 0.50 % €3.50 (0.4 ml SDU x 30) In-use expiry: single use

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Eye drop preparations for dry eye syndrome (DES) reimbursed on the community drug schemes

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First-Line Treatment Options: PVA, Hypromellose or Carbomer

Note: Carbomer and PVA may require less frequent administration but may be less well tolerated than hypromellose.

Best-value options highlighted in each category

Suitable for use with contact lenses

Carbomer

Note: All of these preparations contain a preservative, however Xailin® Gel* can be considered as a preservative-free alternative as it contains sodium perborate which is a preservative that disappears upon contact with the eye.

Carbomer					Hypromellose	Polyvinyl Alcohol
Brand: Gel Tears® Strength: 0.20 % Pack size: 10 g In-use expiry: 28 days Cost per pack: €2.89	**Brand:** Liposic® Gel Strength: 0.20 % Pack size: 10 g In-use expiry: 28 days Cost per pack: €2.91	**Brand:** Liquivisc® Gel Strength: 0.25 % Pack size: 10 g In-use expiry: 28 days Cost per pack: €2.96	**Brand:** Vidisic® Gel Strength: 0.20 % Pack size: 10 g In-use expiry: one month Cost per pack: €3.16	**Brand:** Xailin® Gel* Strength: 0.20 % Pack size: 10 g In-use expiry: 28 days Cost per pack: €2.89	**Brand:** Artelac® Strength: 0.32 % Pack size: 10 ml In-use expiry: 28 days Cost per pack: €2.30	**Brand:** Liquifilm Tears® Strength: 1.40 % Pack size: 15 ml In-use expiry: 28 days Cost per pack: €2.15

Second-Line Treatment Options: Sodium Hyaluronate

Sodium Hyaluronate (All are preservative-free)

Brand: Artelac® Every Day Strength: 0.24 % Pack size: 10 ml In-use expiry: 6 months Cost per pack: €5.96	**Brand:** Blink® Intensive Strength: 0.2 % Pack size: 10 ml In-use expiry: 45 days Cost per pack: €6.35	**Brand:** HydraMed® Strength: 0.2 % Pack size: 10 ml In-use expiry: 3 months Cost per pack: €5.67	**Brand:** Hylo-Care® Strength: 0.1 % Pack size: 7.5 ml In-use expiry: 6 months Cost per pack: €6.54	**Brand:** Hylo-Forte® Strength: 0.2 % Pack size: 7.5 ml In-use expiry: 6 months Cost per pack: €6.72	**Brand:** Hy-Opti Strength: 0.1 % Pack size: 10 ml In-use expiry: 8 weeks Cost per pack: €6.16	**Brand:** Hy-Opti Strength: 0.2 % Pack size: 10 ml In-use expiry: 8 weeks Cost per pack: €6.72	**Brand:** Hylo-Tear® Strength: 0.1 % Pack size: 7.5 ml In-use expiry: 6 months Cost per pack: €6.16	**Brand:** Thealoz® Duo Strength: 0.15 % Pack size: 10 ml In-use expiry: 3 months Cost per pack: €6.75

Eye ointments for additional lubrication				Eye drops for additional lubrication
Brand: Hylo Night® Pack size: 5 g In-use expiry: 6 months Cost per pack: €2.91	**Brand:** Lacri-Lube® Pack size: 5 g In-use expiry: 28 days Cost per pack: €3.07	**Brand:** Lacri-Lube® Pack size: 3.5 g In-use expiry: 28 days Cost per pack: €2.43	**Brand:** Xailin® Night Pack size: 5 g In-use expiry: 60 days Cost per pack: €2.76	**Brand:** Artelac® Night Pack size: 10 ml In-use expiry: 6 months Cost per pack: €6.46

Daily Dose Units (DDU)	Single Dose Units (SDU)								
Sodium Hyaluronate	**Carbomer**	**Carmellose**				**Hypromellose**			**Hytellose**
Brand: HydraMed® Strength: 0.2 % Pack size: 0.5 ml DDU x 30 In-use expiry: 12 hours Cost per pack: €5.67	**Brand:** Vidisic® Strength: 0.20 % Pack size: 0.6 ml SDU x 30 In-use expiry: single use Cost per pack: €8.31	**Brand:** Carmellose sodium (Alissa) Strength: 0.50 % Pack size: 0.4 ml SDU x 30 In-use expiry: single use Cost per pack: €3.50	**Brand:** Celluvisc Strength: 0.50 % Pack size: 0.4 ml SDU x 30 In-use expiry: single use Cost per pack: €3.89	**Brand:** Celluvisc Strength: 1.00 % Pack size: 0.4 ml SDU x 60 In-use expiry: single use Cost per pack: €10.50	**Brand:** Xailin® Fresh Strength: 0.50 % Pack size: 0.4 ml SDU x 30 In-use expiry: single use Cost per pack: €3.50	**Brand:** Artelac® Strength: 0.32 % Pack size: 0.5 ml SDU x 30 In-use expiry: single use Cost per pack: €5.59	**Brand:** Artelac® Strength: 0.32 % Pack size: 0.5 ml SDU x 60 In-use expiry: single use Cost per pack: €9.59	**Brand:** Hydromoor® Strength: 0.30 % Pack size: 0.4 ml SDU x 30 In-use expiry: single use Cost per pack: €4.32	**Brand:** Minims® Artificial Tears Strength: 0.44 % Pack size: 0.5 ml SDU x 20 In-use expiry: single use Cost per pack: €7.08

For more information on directions for use, please refer to the individual product information.

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