

Intrahepatic cholestasis of pregnancy and thiopurines

Intrahepatic cholestasis of pregnancy (ICP) has been rarely reported in patients treated with azathioprine products and is believed to be a risk applicable to all drugs in the thiopurine class (azathioprine, mercaptopurine and tioguanine). Cholestasis of pregnancy associated with thiopurines tends to occur earlier in pregnancy than non drug-induced cholestasis of pregnancy, and elevated bile acid levels may not reduce with ursodeoxycholic acid. Read more in the [MHRA Drug Safety Update](#).

Drug shortages / supply issues

- The Nystan® brand of nystatin 100,000units/ml oral suspension has been discontinued. A generic alternative is available, please prescribe generically.
- Shortage of fentanyl patches – Durogesic® DTrans (all strengths), Yemex® 50mcg/hr and 100mcg/hr and Matrifen 100mcg/hr transdermal patches are unavailable until early 2026. Review affected patients and consider prescribing an alternative brand of fentanyl **matrix** patch that is available including: Fencino®, Mezolar®, Opiodur®. For detailed information refer to the [SPS drug supply tool](#) (free login needed).

Injectable GLP-1 Supply Resolved

The [Dorset T2DM Pharmacological Management](#) pathways document outlines the place of GLP-1 therapy in type 2 diabetes management. The use of [GLP-1 agreements](#) is recommended for GLP-1s in type 2 diabetes and are embedded in SystmOne.

Formulary status of GLP-1 analogues which have stable supply:

Drug	Route/Frequency	Formulary status
Dulaglutide	Weekly injection	GREEN
Liraglutide (generic alternatives e.g. Biolide®, Diavic®)	Daily injection	GREEN
Semaglutide (Ozempic®)	Weekly injection	GREEN
Semaglutide (Rybelsus®)	oral	GREEN second line
Tirzepatide (Mounjaro®)	Weekly injection	AMBER REC

You should seek advice and guidance on the suitability of Tirzepatide before initiation and complete the Tirzepatide template in SystmOne. The data collected from this template and the outcomes will inform the formulary status in future. Link: [GLP-1 medicines for weight loss and diabetes: what you need to know](#).

Community Weight Management Commissioning

NHS Dorset are in the process of commissioning a service to initially support people with a BMI of over 40 AND 4 of the 5 co-morbidities specified by [NHS England](#). This service will not be in place on 23 June but later in 2025. A communication asset library and statement will be updated regularly at [Weight management – NHS Dorset](#).

Community Pharmacy Contraception Service

All GP practices will have recently received an email providing information on the community pharmacy oral contraception service, including the number of registered patients eligible to access a POC/COC via the pharmacy service. If your practice would like to help publicise the availability of the service, the [Community Pharmacy England website](#) has lots of useful resources, e.g. downloadable posters, leaflets, and social media stories.

Varenicline and cytisine for smoking cessation

Varenicline and cytisine are now available as a smoking cessation option to help more people quit smoking. As well as being available on prescription, public health teams in Dorset have agreed patient group directions (PGDs) to enable access through those Community Pharmacies signed up to the public health smoking cessation contract.

There has also been additional funding agreed within public health smoking cessation contracts, recognising that assessment for medication may be carried out separately from behaviour change support. As smoking remains the single greatest preventable cause of death in the UK, having a wide range of stop smoking support available is vital to increasing people's chances of quitting smoking and meeting the aim of a smokefree generation by 2030.

Dexcom One sensors

Dexcom One sensors are being discontinued. Patients using Dexcom One sensors should be switched to Dexcom One+ sensors. Please note that separate Dexcom One Transmitters are no longer required with the new Dexcom One+ sensors and should be removed from patients' current medication. To use the new sensor, users must download the new Dexcom One+ App or obtain a new reader.

Updated administration instructions for oral semaglutide

The administration section in the summary of product characteristics (SPC) for oral semaglutide (Rybelsus®) been updated. Oral semaglutide has a low bioavailability and variable absorption. The manufacturer now recommends it should be taken on an empty stomach after a recommended fasting period of at least **8 hours**. After administration, patients should still wait at least 30 minutes before eating, drinking or taking other oral medicines.

Quick bites

- The Dorset Formulary is available at: www.dorsetformulary.nhs.uk.
- We have recently published advice on the [Dorset formulary](#) regarding the risks of co-sleeping if a parent is taking a sedating medication. The advice is that '*All new parents should be informed of safe sleep guidance if they're prescribed sedating medication including both parents whether they are breastfeeding or not.*' Resources to be shared are available from [Co-sleeping | The Lullaby Trust](#) and [BASIS – Baby Sleep Information Source](#).

REGIONAL MEDICINES INFORMATION SERVICE

If you work in primary care (including community pharmacy), specialist medicines advice can be obtained from SPS via **0300 7708564** or email asksps.nhs@sps.direct. (Staff in Dorset NHS Trusts should seek advice from their pharmacy teams).

This newsletter is for healthcare professionals. It represents what is known at the time of writing so information may be subsequently superseded.