

## Which vitamins & supplements can be prescribed by the GP?

Prescribing tip for information only

### POSITION STATEMENT FOR THE PRESCRIBING OF VITAMINS, MINERALS, SUPPLEMENTS, HERBAL & HOMEOPATHIC MEDICINES WITHOUT A PRODUCT LICENCE

- × Vitamins, minerals or supplements **without** a Product Licence (PL) should NOT be prescribed or recommended.\* These items are considered to be low priority treatments & fall under self-care.\*\*
- × The prescribing of Omega-3 fatty acid compounds for **any indication**, including for the primary or secondary prevention of CVD, is NOT recommended due to a lack of evidence.
- × Herbal medicines are **usually not of proven effectiveness** & therefore should NOT be prescribed.
- × The use of **all** homeopathic preparations are low priority treatments and should NOT be prescribed or recommended. NHS patients should not be referred to homeopaths.

\*vitamins and minerals with a PL can be prescribed **for their licensed indications only**

\*\*certain products can be prescribed depending on local arrangements e.g. vit D (see below)

### POSITION STATEMENT FOR THE PRESCRIBING OF VITAMIN D

- ✓ The prescribing of high-dose vit D as a short-course treatment, for the **correction of deficiency or insufficiency in high-risk, symptomatic patients** is recommended only following confirmation by vit D assay.
- × The prescribing of vit D for **prophylaxis or maintenance** (following treatment of deficiency or insufficiency) for symptomatic individuals that are at risk of deficiency, is **NOT recommended**.
- × The prescribing of vit D is NOT recommended in asymptomatic patients even if considered to be at high risk of deficiency.

### POSITION STATEMENT FOR THE PRESCRIBING OF MULTIVITAMINS AND PHENYLALANINE-FREE AMINO ACID SUBSTITUTES FOR ADULTS AND CHILDREN WITH PHENYLKETONURIA (PKU)

- ✓ **Phenylalanine-free protein substitutes:** adult PKU patients may be prescribed phenylalanine-free amino acid supplements (e.g. Phlexy 10 drink mix, tablets or capsules, PKU Maxamum, PKU Cooler, PKU Air, PKU Sphere, PKU Express, PKU Lophlex LQ20, PKU Lophlex powder etc.)
- ✓ **Prescribing multivitamins:** PKU patients who use phenylalanine-free amino acid substitutes which are not formulated with multivitamins may be prescribed a multivitamin preparation. **However, there is no requirement to use specific multivitamins (e.g. Phlexy-Vit).**

### GUIDELINES FOR THE PRESCRIBING OF NUTRITIONAL SUPPLEMENTS POST BARIATRIC SURGERY

- × **Adjustable gastric band or sleeve gastrectomy:** postoperative risk of impaired absorption is low. Where the surgery has been done on the NHS, patients should be directed to purchase nutritional supplements OTC & should NOT be issued on prescription.
- ✓ **Gastric bypass (Roux-en-Y):** postoperative risk of impaired absorption is high. Where the surgery has been done on the NHS, patients should be prescribed nutritional supplements e.g. Forceval®.
- × **Private surgery:** patients that have proceeded with bariatric surgery privately do not qualify for NHS continuing care in accordance with this policy & should NOT be prescribed nutritional supplements.

### PRESCRIBING OF RENAVIT FOR PATIENTS WITH RENAL FAILURE ON HAEMODIALYSIS

- ✓ As only water soluble vitamins are suitable for patients with renal failure undergoing haemodialysis, a food supplement (Renavit®) can be prescribed following a recommendation or initiation by a specialist (prescriber must endorse the prescription 'ACBS').

**To contact the Medicines Optimisation Team please phone 01772 214302**