

Our Ref: DC/NB

13th May 2026

To: Prescribing Clinicians and Pharmacists within the Barnsley locality

Dear Colleague

Re: Summary of Key Points from the Barnsley Area Prescribing Committee Meeting on 11th March 2026

The main outcomes of the meeting were:

Barnsley Prescribing Guidelines

Barnsley DMARDs Shared Care Guideline [MINOR UPDATES]

This Shared Care Guideline has received minor updates in line with the [2025 British Society for Rheumatology guideline](#) for the prescription and monitoring of DMARDs and the updated version will be available via [SY ICB Medicines Optimisation](#) in due course.

Summary of changes (refer to the guideline for further information):

- Consideration of HbA1c prior to initiation has been added to all drug monographs.
- Updates to adverse effects management tables:
 - Use of Upper Limit Normal (ULN) and Lower Limit Normal (LLN) replaces fixed thresholds in line with BSR guidelines.
 - Actions for abnormal blood results updated in line with BSR guidance.
 - MCV removed as a monitoring marker.
 - Wording on unexplained fall in albumin level has been revised to:
“Albumin progressively falling: Assess for alternate causes as falling levels can be a sign of liver disease which may rarely be a sign of drug toxicity. Contact rheumatology for advice if needed.”
- Hydroxychloroquine:
 - Additional information regarding including QT risk factors and [MHRA alert](#) link (February 2022)
 - Addition of symptoms and signs of cardiomyopathy, headache, and musculoskeletal and connective tissue disorders, to adverse effects.
- Leflunomide, Methotrexate and Mycophenolate:
 - BSR have suggested that two pregnancy tests are to be performed and the wording within the guideline has been updated accordingly.
- Methotrexate:
 - Withhold for 2 weeks post influenza/Covid-19 vaccination if clinically appropriate.

South Yorkshire Integrated Medicines Optimisation Committee (IMOC) approved Prescribing Guidelines

Deprescribing of Gluten Free Bread and Flour Mixes in Primary Care

The SYICB Gluten Free Bread and Flour Mixes Position Statement states that SYICB does not recommend the routine prescribing of gluten free food products for use in coeliac disease, confirmed gluten-sensitive enteropathies and dermatitis herpetiformis or other gluten intolerances in South Yorkshire. Gluten free products should not be prescribed in South Yorkshire unless exceptional circumstances apply (GREY traffic light classification on the [SY TLDL](#)).

Refer to the position statement for examples of exceptional clinical circumstances. It should be noted that financial reasons alone are not considered exceptional.

In line with this, gluten free products have a non-formulary grey classification on the Barnsley Formulary. Existing patients receiving gluten free food products on prescription should be informed that prescribing of gluten free foods is no longer available in primary care.

The position statement and other resources to support the deprescribing of gluten free products (including GP Toolkit, frequently asked questions and sample patient letters) are available via the [SY ICB Medicines Optimisation](#) website.

SY ICB Insomnia in adults – treatment and management pathway for primary care, Daridorexant prescribing information for primary care clinicians and patient information leaflet [NEW]

These new documents can be found on the [SY Medicines Optimisation](#) website. The Adult Insomnia Pathway replaces the previous Barnsley Insomnia guideline. The Barnsley formulary changes are included in the table below.

SY ICB Prescribing guidelines for the use of SGLT2 inhibitors (Dapagliflozin and Empagliflozin) in the management of Heart Failure [NEW]

This prescribing guideline is available on the [SY ICB Medicines Optimisation](#) website and replaces the previous Barnsley SGLT2 inhibitors in Heart Failure Amber-G guideline. The Barnsley formulary changes are included in the table below.*

SY ICB guideline Emollients and risk of severe and fatal burns [MINOR UPDATES]

This guideline has received minor updates including updated links and addition of the [December 2025 MHRA information](#).

The updated guideline is available on the [SY ICB Medicines Optimisation](#) website.

South Yorkshire Integrated Medicines Optimisation Committee (IMOC) approved Amber-G / Shared Care Guidelines

SY ICB Tirzepatide for type 2 diabetes Amber-G guideline [MINOR UPDATES]

This Amber-G guideline has received minor updates including:

- The recommendation to stop orlistat for the duration of tirzepatide treatment.
- Updated information on strengthened warnings on acute pancreatitis in line with the updated [MHRA alert](#).
- Further information on the caution in diabetic retinopathy. An appendix is included with an Association of British Clinical Diabetologists and Primary Care Diabetes Society 'Suggested pathway for diabetic eye disease when starting Rybelsus® or Mounjaro®' flowchart.

The updated Amber-G guideline is available on the [SY ICB Medicines Optimisation](#) website.

Please note that the guideline will be reviewed in line with the updated NICE guideline [NG28 Type 2 diabetes in adults: management](#).

Accessing Prescribing Guidelines / Medicines Optimisation Resources

Prescribing guidelines, shared care and amber G guidelines can be accessed via the central South Yorkshire ICB Medicines Optimisation website:

<https://mot.southyorkshire.icb.nhs.uk/> (home page)

or

<https://mot.southyorkshire.icb.nhs.uk/search?locations=barnsley%2Csouth-yorkshire> (Barnsley section which is pre-populated to search for Barnsley place or South Yorkshire wide prescribing and clinical guidelines and other medicines optimisation related information).

Guidelines and other prescribing information can also be accessed via the Barnsley Joint Formulary:

<http://www.barnsleyformulary.nhs.uk/>

Barnsley Formulary Updates

The Committee noted the traffic light classifications recently assigned by the South Yorkshire Integrated Medicines Optimisation Committee (IMOC) and the following formulary positions were agreed by the Committee:

Drug	Indication	Barnsley Formulary status (including traffic light classification)
IMOC Sub-group TLDL February 2026 IMOC		
Calcium Polystyrene Sulfonate	Ion-exchange resin for the treatment of hyperkalaemia. Refer to the SPC for further information.	Formulary red (previously formulary amber-G)
Clobazam	Anxiety (severe, short-term relief)	Non-formulary red
Female stress incontinence products: intravaginal devices and pessaries	Female stress incontinence	Formulary green Prescribe on specialist recommendation, in line with NICE guidance. Refer to the Barnsley Continence Guide .
IMOC March 2026		
Dapagliflozin	Treatment of chronic heart failure with reduced ejection fraction. Treatment of chronic heart failure with preserved or mildly reduced ejection fraction.	Formulary green (previously formulary amber-G). Clinicians are reminded that generic dapagliflozin has a significantly lower acquisition cost than other SGLT2 inhibitors and should be considered as a first line option when an SGLT2 inhibitor is indicated in patients with type 2 diabetes (+/- CKD) and/or heart failure.
Empagliflozin	Treatment of chronic heart failure with reduced ejection fraction. Treatment of chronic heart failure with preserved or mildly reduced ejection fraction.	Formulary green (previously formulary amber-G)
Metformin Modified Release (MR)	Type 2 diabetes mellitus	Formulary green Removal of previous formulary restrictions allows modified release metformin to be used where clinically appropriate, in line with the updated NICE guidance:

		NG28 Type 2 diabetes in adults: management
Other		
Melatonin MR	Insomnia in adults	Included as a formulary option for use in line with: SY ICB Insomnia in adults – treatment and management pathway for primary care
Daridorexant	Indicated for the treatment of adult patients with insomnia characterised by symptoms present for at least 3 months and considerable impact on daytime functioning.	Formulary green (previously formulary grey) SY ICB Insomnia in adults – treatment and management pathway for primary care SY ICB Daridorexant prescribing information for primary care clinicians SY ICB Daridorexant patient information leaflet
Gluten free products	Coeliac disease, confirmed gluten-sensitive enteropathies and dermatitis herpetiformis or other gluten intolerances	Non-formulary grey SYICB does not recommend the routine prescribing of gluten free food products in Primary Care in South Yorkshire. Gluten free bread and mixes should only be prescribed in exceptional circumstances. Refer to the SY ICB Position Statement for further information.

MHRA Safety Roundup

The MHRA Drug Safety Roundups can be accessed at the following link:
[Alerts, recalls and safety information: medicines and medical devices - GOV.UK](#)

APC Reporting

The Committee subsequently met in April to discuss interim arrangements for the Barnsley Area Prescribing Committee in light of ongoing ICB organisational changes. It was noted that, due to these changes and reduction in Medicines Optimisation Team capacity, it will no longer be possible to maintain the Barnsley APC reporting mailbox and it will therefore be stepped down.

Patient specific medicines queries, other clinical queries and patient safety incidents requiring provider review should be directed to the relevant provider. An out of office auto-response has been implemented for the APC reporting mailbox, including alternative contact details, such as the BHNFT Risk Management Team and SWYFT generic in-box for reporting medicines safety incidents.

Kind Regards



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cc: Medicines Optimisation Team (Barnsley Place)
Rebecca Hoskins, BHNFT
Nisha Pounj-Taylor, BHNFT
David Bryant, BHNFT
Sarah Hudson, SWYPFT
Area Prescribing Committee Members (Secretary to the APC to circulate)
Local Medical Committee (Secretary to the LMC to circulate)
Heidi Taylor, South Yorkshire ICB
Ashley Hill, South Yorkshire ICB (IMOC Secretary)