

# Prescribing and Medicines Optimisation Guidance

Issue: 126

Date: 14 January 2026

## Safety guidance

### 1. Drug safety update: Rybelsus ® (semaglutide tablets): transition to new formulation and risk of medication error [LINK](#)

There is a risk of patient harm arising through medication error during a transition period where the original and new formulation of Rybelsus ® tablets, which have different stated mg doses but are bioequivalent, will both be available on the market.

### 2. Drug safety update: Mesalazine and idiopathic intracranial hypertension [LINK](#)

Idiopathic intracranial hypertension (IIH) has been very rarely reported in patients treated with mesalazine. Following a recent review, warnings for IIH are being added to the product information for all mesalazine products.

### 3. Drug safety update: Improving Information Supplied with Gabapentinoids (Pregabalin/Gabapentin), Benzodiazepines and Z-Drugs [LINK](#)

The MHRA has reviewed the warnings regarding addiction, dependence, withdrawal, and tolerance for gabapentin, pregabalin, benzodiazepines, and z-drugs. The findings (detailed in the Public Assessment Report) were that it was necessary to strengthen these warnings in the product information and on packaging to better inform healthcare professionals and patients of these known risks.

## National guidance

### 4. UK medical eligibility criteria for contraceptive use 2025 [LINK](#)

Criteria cover intrauterine devices, progestogen-only contraception, combined hormonal contraception and emergency contraception. A total of 21 topics were reviewed as part of revision process. Osteoporosis and risk factors for VTE have been considered throughout where relevant.

### 5. NHS England Measles guidance for healthcare services [LINK](#)

Guidance provides consolidated advice & recommendations for healthcare providers on identifying & managing patients with suspected & confirmed measles, as well as broader public health considerations relevant to NHS services. Commissioners should use to inform clinical pathways.

## 6. UK HSA: Change of vaccine for the routine adult pneumococcal vaccination programme and individuals at increased clinical risk [LINK](#)

Letter and annex provide information on this change of vaccine for adults, for those aged  $\geq 2$  years in clinical risk groups for pneumococcal disease, and for children aged  $<2$  years of with asplenia, splenic dysfunction, complement disorder and severe immunosuppression.

## 7. Department of Health and Social Care: Clinical guidelines for alcohol treatment [LINK](#)

UK clinical guidelines recommending interventions, including pharmacological, for people with harmful patterns of drinking and alcohol dependence, supporting and promoting good practice.

## NICE guidelines

### 8. DMD Care UK's guideline on respiratory care: NICE review (NR2) [LINK](#)

NICE has reviewed DMD Care UK's guideline on respiratory care for Duchenne muscular dystrophy to assist healthcare professionals in their decision making and found it was developed using an appropriate process and method.

## Other

### 9. SSPs for Estradot® patches (SSP079, SSP080, SSP081, SSP082) further extended [LINK](#)

Department of Health and Social Care has provided an update on these Serious Shortage Protocols. All four were due to expire on 5 December 2025. The end date has been further extended to 30 January 2026.

## Genomic Medicine

### 10. RCGP CYP2C19 position statement [LINK](#)

NICE have recently published guidance regarding the use of CYP2C19 genotype testing and CYP2C19 metaboliser status in guiding prescription of Clopidogrel in the setting of acute Stroke and TIA. The RCGP have worked with stakeholders to produce information to support prescribers outside of the acute Stroke setting who receive information that a patient has had CYP2C19 genotype testing.

Recommendations include advice on CYP2C19 metaboliser status recording, and prescribing responsibilities of other medicines for patients with CYP2C19 metaboliser status.

**Prepared by Anita Bhardwaj and Dr Emma Harris  
NHS Hampshire and Isle of Wight ICB Medicines Optimisation Team**

Local medicines optimisation teams can be contacted via their generic team mailbox: See [LINK](#)  
Previous bulletins can be found hosted on the ICS website here: [LINK](#)