



Prescribing Guidelines for Ocular Lubricants

MILD dry eye

- 1) **Hypromellose 0.3%**
preserved e.g. generic / unpreserved
e.g. Evolve™ Hypromellose
- 2) **Carmellose 0.5%**
preserved/unpreserved
e.g. Evolve™ Carmellose
- 3) **Carbomer 980 0.2%**
preserved/unpreserved
e.g. Lumecare® Carbomer

MODERATE dry eye

- 1) **Unpreserved Sodium Hyaluronate ~0.1%**
e.g. Hylo®-Tear
- 2) **Unpreserved Carmellose 1%**
e.g. Cellusan®
- 3) **Carbomer 980 0.2%**
preserved/unpreserved
e.g. Lumecare® Carbomer

SEVERE dry eye

- 1) **Unpreserved Sodium Hyaluronate ~0.1%**
e.g. Hylo®-Tear
- 2) **Unpreserved Sodium Hyaluronate ~0.2%**
e.g. Hylo®-Forte
- 3) **Liquid paraffin ointment**
e.g. VitA-POS®

RESTRICTED

Systane® for artificial eyes

Lubristil® gel for patients with scleral lenses

Ciclosporin preparations only to be initiated by external diseases/corneal clinicians

PRESERVATIVE FREE formulations should be prescribed for patients with

- True preservative allergy
- Evidence of epithelial toxicity from preservatives
- Soft contact lenses wearers
- Long term treatment or frequency > 6 times daily

OTHER ocular lubricants on Moorfields Eye Hospital Formulary

Refresh®, Simple eye ointment, Duolube® (unlicensed) PF ointment, Minims® Saline, Ilube®

PF= Preservative Free