NEL Commissioning Support Unit

NHS

Dry Eye Pathway for Tear Film Disorder in Primary Care

Mild Dry Eye Symptoms
GPs treat the majority of these patients

*** At each stage review frequency of application**

First line choice
Hypromellose 0.3% (requires frequent application - ideally 30-minute intervals until symptoms improve, then decreased frequency).

If signs of intolerance/ allergy, consider **preservative free: Evolve Hypromellose** 0.3%

First line choice effective / tolerated?

Yes → Continue treatment

No*

Second line choice
Polyvinyl alcohol 1.4% (**Sno Tears ®**) Carbomers 0.2% (**Clinitas ® carbomer gel** or **Viscotears ®**)

If signs of intolerance/ allergy, consider **preservative free (in eye): Xailin Gel**

Second line choice effective / tolerated?

Yes → Continue treatment

No*

Third line choice
Sodium hyaluronate 0.2%: **Blink Intensive tears**

If signs of intolerance/ allergy, consider **preservative free: Blink Intensive Tears 0.2% single use vials** or **Oxyal®** (biodegradable preservative in eye, 60 day shelf life once opened)

Third line choice effective / tolerated?

Yes → Continue treatment

No*

Fourth line choice
Carmellose Sodium 0.5%: **Evolve Carmellose PF or Xailin Fresh single use vials**

Fourth line choice effective / tolerated?

Yes → Continue treatment

No*

Moderate Dry Eye Symptoms
Referral may be needed

Consider addition of thicker gels / ointments for night time instillation :
VitA-POS® - preservative free ointment: 6 month shelf life after opening,
Xailin Night - preservative free ointment: 60 day shelf life after opening

Symptoms improved?

Yes → Continue treatment

No*

Severe Dry Eye Symptoms → Increase frequency of application to hourly

Referral to Ophthalmologist recommended → **Ikervis** (Ciclosporin 0.1% PF single use dose) TAG Green: prescribable at request of consultant

See NEL CSU Eye Formulary

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