

South East London Area Prescribing Committee
Prescribing of unlicensed liothyronine and thyroid extract products
Position Statement

Reference	PS-017
Intervention	<p>Unlicensed thyroid extracts (e.g. Armour thyroid, ERFA Thyroid, Nature-Throid), compounded thyroid hormones, iodine containing preparations, dietary supplementation.</p> <p>This position statement covers the use of unlicensed thyroid extracts in ALL indications.</p>
Date of Decision	March 2019
Date of Issue	April 2019
Recommendation	GREY – not recommended for prescribing in South East London
Further Information	<p>In line with guidance from the national Regional Medicines Optimisation Committee (RMOC), thyroid extracts (eg. Armour thyroid, ERFA Thyroid), compounded thyroid hormones, iodine containing preparations, and dietary supplementation are not recommended. The prescribing of unlicensed liothyronine and thyroid extract products is not supported as the safety, quality and efficacy of these products cannot be assured.</p> <p>There is no convincing evidence to support routine use of these agents.</p> <p>RMOC guidance states “the prescribing of unlicensed liothyronine and thyroid extract products is not supported.”</p>
Shared Care/Transfer of care document required	Not applicable
Cost Impact for agreed patient group	Across 6 CCGs in SEL, the spend on prescribed thyroid extracts between December 2017-November 2018 was ~£13K. Savings will be offset by the cost of prescribing licensed thyroid replacement therapy in those appropriate to receive it.
Usage Monitoring & Impact Assessment	<p>Acute/Mental health Trusts:</p> <ul style="list-style-type: none"> • Monitor and audit use and report back to APC when required.
	<p>CCGs:</p> <ul style="list-style-type: none"> • Monitor ePACT data • Monitor exception reports from GPs if inappropriate transfer of prescribing to primary care is requested.

Evidence Reviewed	<ul style="list-style-type: none"> • Regional Medicines Optimisation Committee Guidance: Prescribing of liothyronine (November 2018). Available via: https://www.sps.nhs.uk/articles/rmoc-guidance-prescribing-of-liothyronine/ last accessed 05/02/19 • Management of primary hypothyroidism: statement by the British Thyroid association Executive Committee. Available via: http://www.btf-thyroid.org/images/documents/BTA_Hypothyroidism_Statement.pdf last accessed on 05/02/19 • The diagnosis and management of primary hyperthyroidism. Royal College of Physicians. Available via: http://www.thyroiduk.org.uk/tuk/guidelines/RCP_statement_20111.pdf last accessed 16/05/2018 last accessed: 05/02/19 • PrescQIPP bulletin 121, February 2016: Switching liothyronine (L-T3) to levothyroxine (L-T4) in the management of primary hypothyroidism https://www.prescqipp.info/component/downloads/send/225-liothyronine/2359-b121-liothyronine-drop-list last accessed: 05/02/19 • Items which should not routinely be prescribed in primary care: Guidance for CCGs, NHS Clinical Commissioners and NHS England: https://www.england.nhs.uk/wp-content/uploads/2017/07/Items-not-routinely-prescribed-in-primary-care.pdf last accessed: 05/02/19
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NOTES:

- a) Area Prescribing Committee recommendations, position statements and minutes are available publicly via the [APC webpages](#).
- b) This Area Prescribing Committee recommendation has been made on the cost effectiveness, patient outcome and safety data available at the time. The recommendation will be subject to review if new data becomes available, costs are higher than expected or new NICE guidelines or technology appraisals are issued.
- c) **Not to be used for commercial or marketing purposes. Strictly for use within the NHS.**