



Gauteng Pharmaceutical Services

Conditions and dosages as approved by Gauteng Provincial Pharmacy and Therapeutics Committee (PTC)
Enrollment of stable patients on chronic medication to
Central Chronic Medicine Dispensing and Distribution (CCMDD) program

Patients with the following conditions who are stable, as defined by the disease and complies with this formulary, may enroll on CCMDD program.

Condition	Medicine	Dosage	PHC			Hospital, Old Age Homes, Home Based Care		
			1A Reg Nurse	1C PHC Dr	2 -Family Physician / Dr & Pharm - CHC	2 GP	3 Specialist	4 Specialist designated
Prescriber levels								
CARDIOVASCULAR CONDITIONS								
Prevention of Ischaemic Heart Disease & Atherosclerosis – PRIMARY – NO existing CVD	Simvastatin 10mg	10mg at night	√	√	√	√	√	√
	Atorvastatin 10mg	10mg at night	√	√	√	√	√	√
Prevention of Ischaemic Heart Disease & Atherosclerosis – SECONDARY – existing CVD	Simvastatin 10/40mg	10 or 40mg at night	√	√	√	√	√	√
	Atorvastatin 10mg	10mg at night	√	√	√	√	√	√
STEMI (ST Elevation Myocardial Infarction)	Aspirin 150mg	150mg daily			√	√	√	√
	Atenolol 50mg	50mg daily			√	√	√	√
	Simvastatin 10/40mg	10 or 40mg at night			√	√	√	√
	Atorvastatin 10mg	10mg at night			√	√	√	√
	Enalapril 10mg	2.5mg - 10mg 12 hourly			√	√	√	√
Angina Pectoris (Stable)	Aspirin 300mg soluble	75-150mg daily	√	√	√	√	√	√
	Isosorbide dinitrate 5mg	5mg sublingual when needed	√	√	√	√	√	√
	Isosorbide dinitrate 10mg	20-30mg twice daily (08h00 & 14h00)	√	√	√	√	√	√
	Atenolol 50/100mg	50-100mg daily	√	√	√	√	√	√
	Amlodipine 5mg	5mg daily	√	√	√	√	√	√
	Simvastatin 10/40mg	10 or 40mg at night	√	√	√	√	√	√
	Atorvastatin 20mg	20mg at night	√	√	√	√	√	√



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Prescriber levels								
CARDIOVASCULAR CONDITIONS								
Cardiac Failure Congestive (CCF)	Hydrochlorothiazide 12.5/25mg	12.5-50mg daily	√	√	√	√	√	√
	Furosemide 40mg	20-80mg daily	√	√	√	>80mg 12 hourly	>80mg 12 hourly	>80mg 12 hourly
	Enalapril 5/10/20mg	2.5mg - 10mg 12 hourly	√	√	√	√	√	√
	Carvedilol 6.25/12.5/25mg	3.125-25mg 12 hourly	√	√	√	√	√	√
	Spirolactone 25mg	25mg – 50mg daily	√	Max 50mg	Max 50mg	√	√	√
	Losartan 50mg / 100mg	50-100mg daily			√	√	√	√
Hypertension	Hydrochlorothiazide (HCTZ) 12.5/25mg	12.5-25mg daily	√	√	√	√	√	√
	Enalapril 5/10/20mg	2.5mg - 10mg 12 hourly / 2.5-20mg daily	√	√	√	√	√	√
	Amlodipine 5/10mg	5-10mg daily	√	√	√	√	√	√
	Atenolol 50mg	50mg daily		√	√	√	√	√
	Spirolactone 25mg	25mg – 50mg daily	√	√	√	√	√	√
CENTRAL NERVOUS SYSTEM CONDITIONS								
Stroke - secondary prevention	Aspirin 300mg	75-150mg daily	√	√	√	√	√	√
Epilepsy	Lamotrigine 25/50/100/200mg	25mg -200mg daily or in divided doses (Max dose 200mg per day)	√	√	√	√	√	√
	Carbamazepine 200mg	100-600mg 12 hourly (Max dose 1200mg per day)	√	√	√	√	√	√
	Phenytoin 100mg	100-300mg daily	√	√	√	√	√	√
	Valproate 200/300/500mg	200-300mg 12 hourly (Max dose 2400mg per day)				√	√	√
EAR, NOSE and THROAT								
Allergic Rhinitis	Cetirizine 10mg	5-10mg daily	√	√	√	√	√	√



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ENDOCRINE CONDITIONS								
Diabetes Mellitus Type 2	Glibenclamide 5mg	2.5-15mg daily (Max dose 15mg per day)	√	√	√	√	√	√
	Glimepiride 1/2/4mg	1-4mg daily (Max dose 4mg per day)	√	√	√	√	√	√
	Metformin 500mg	500mg daily / 12 hourly / 8 hourly	√	√	√	√	√	√
	Metformin 850mg	850mg daily / 12 hourly / 8 hourly	√	√	√	√	√	√
	Aspirin 300mg	75-150mg daily	√	√	√	√	√	√
	Enalapril 5/10mg/20mg	2.5mg - 10mg 12 hourly	√	√	√	√	√	√
	Simvastatin 10mg/40mg	10 or 40mg at night	√	√	√	√	√	√
	Atorvastatin 10mg	10mg at night	√	√	√	√	√	√
	Bezafibrate 400mg	400mg at night			√	√	√	√
Diabetic Neuropathy	Amitriptyline 10/25mg	10-25mg at night (Max dose 100mg per day)		√	√	√	√	√
	Paracetamol 500mg	500-1000mg 4-6 hourly (Max dose 4g per day)	√	√	√	√	√	√
	Carbamazepine 200mg	100-600mg 12 hourly (Max dose 1200mg per day)		√	√	√	√	√
	Metoclopramide 10mg	10mg 8 hourly	√	√	√	√	√	√
Hypothyroidism	Levothyroxine 50µg/100µg	50 - 200µg daily	50 - 100µg daily	√	√	√	√	√
Hyperlipidemia/dyslipidaemia	Simvastatin 10mg/40mg	10 or 40mg at night	√	√	√	√	√	√
	Atorvastatin 10mg	10mg at night	√	√	√	√	√	√



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Prescriber levels								
EYE CONDITIONS (one container per eye per month)								
Conjunctivitis Allergic	Cetirizine 10mg	10mg daily	√	√	√	√	√	√
Dry Eye	Lanolin anhydrous ophthalmic ointment	Instill at night				√	√	√
	Hydroxypropylmethylcellulose	1 drop 6 hourly				√	√	√
Glaucoma	Betaxolol 0.25-0.5% ophthalmic drops	1 drop 12 hourly				√	√	√
	Pilocarpine 1% ophthalmic drops	1 drop 6 hourly				√	√	√
	Dorzolamide and Timolol, 20mg and 5mg/ml, ophthalmic drops	1 drop 12 hourly				√	√	√
	Travoprost, Timolol maleate 40mcg/5mg ophthalmic drops	1 drop daily				√	√	√
Uveitis	Atropine 1% ophthalmic drops	1 drop 12 hourly				√	√	√
	Dexamethasone 0.1% eye drops	1-2 drops 4-6 hourly				√	√	√
FAMILY PLANNING								
Family Planning	Levonorgestrel as Progestogen (Microval®)	1 tablet daily	√	√	√	√	√	√
	Levonorgestrel/Ethinyl Oestradiol (Nordette®)	1 tablet daily	√	√	√	√	√	√
	Norgestrel/Ethinyl Oestradiol (Ovral®)	1 tablet daily	√	√	√	√	√	√
	Levonorgestrel/Ethinyl Oestradiol (Triphasil®)	1 tablet daily	√	√	√	√	√	√



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HIV and AIDS								
HIV	TEE (Tenofovir (TDF) 300mg/ Emtricitabine (FTC) 200mg/ Efavirenz (EFV) 600mg)	300/200/600 mg daily	√	√	√	√	√	√
	TLD Tenofovir (TDF) 300mg/ Lamivudine (3TC) 300mg/ Dolutegravir 50mg	300/300/50mg daily	√	√	√	√	√	√
	Abacavir (ABC) 600mg / Lamivudine (3TC) 300mg	600/300mg daily	√	√	√	√	√	√
	Tenofovir (TDF) 300mg / Emtricitabine (FTC) 200mg	300/200mg daily	√	√	√	√	√	√
	Zidovudine (AZT) 300mg / Lamivudine (3TC) 150mg	300/150mg 12 hourly	√	√	√	√	√	√
	Lopinavir (LPV) 200mg / Ritonavir (r) 50mg	400/100 12 hourly	√	√	√	√	√	√
	Nevirapine (NVP) 200mg	200mg 12 hourly	√	√	√	√	√	√
	Efavirenz (EFV) 600mg	600mg daily	√	√	√	√	√	√
	Dolutegravir 50mg	50mg daily	√	√	√	√	√	√
	Atazanavir 150mg	150mg - 300mg daily		√	√	√	√	√
	Ritonavir 100mg	100mg once – twice daily		√	√	√	√	√
	Cotrimoxazole 80/400mg	160/800mg daily	√	√	√	√	√	√
KIDNEY and UROLOGICAL DISORDERS								
Benign Prostatic Hyperplasia	Tamsulosin 0,4mg	0,4mg daily		√	√	√	√	√
Overactive Bladder	Oxybutynin 5mg	2.5-5mg 8 hourly				√	√	√



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MENTAL HEALTH								
Bipolar disorder	Valproate 200/300/500mg	300mg 12 hourly (Max dose 600mg per day)			√	√	√	√
	Carbamazepine 200mg	100-600mg 12 hourly (Max dose 1200mg per day)			√	√	√	√
	Lamotrigine 25/50/100/200mg	25mg -200mg daily or in divided doses (Max dose 200mg per day)			√	√	√	√
	Fluoxetine 20mg	20-40mg in the morning			√	√	√	√
	Olanzapine 5mg	5-10mg at night			√	√	√	√
Chronic Psychosis	Haloperidol 0.5/1.5/5mg	0.5-5mg daily		√	√	√	√	√
	Risperidone 1/2/3mg	0.5 – 4mg daily		√	√	√	√	√
	Chlorpromazine 25/50/100mg	25-300mg at night (Max dose 800mg per day)		√	√	√	√	√
Dementia	Nicotinamide 100mg	100mg 8 hourly		√	√	√	√	√
	Thiamine 100mg	100mg 8 hourly		√	√	√	√	√
	Haloperidol 0.5/1.5 mg	0.5-1mg 8 hourly with higher dose at night		√	√	√	√	√
Depressive Disorder, Major	Fluoxetine 20mg	20- 40mg daily		√	√	√	√	√
	Citalopram 20mg	10-40mg daily		√	√	√	√	√
	Amitriptyline 25mg	25mg at night (Max dose 150mg per dose)		√	√	√	√	√
Obsessive Compulsive Disorder	Fluoxetine 20mg	20-40mg daily			√	√	√	√
	Citalopram 20mg	10-40mg daily			√	√	√	√
Parkinson's Disease	Carbidopa/Levodopa 25/100mg 25/250mg	0.5 -1 tablet 8 hourly			√	√	√	√
	Orphenadrine 50mg	50mg 8 hourly (Max dose 400mg per day)		√	√	√	√	√
Anxiety/Panic Disorder	Citalopram 20mg	10-40mg daily		√	√	√	√	√
	Fluoxetine 20mg	20-40mg daily		√	√	√	√	√



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Prescriber levels								
MUSCULOSKELETAL DISORDERS								
Gout	Allopurinol 100mg	100-300mg daily (Max dose 400mg per day)	√	√	√	√	√	√
	Allopurinol 300mg							
Osteo-Arthritis	Paracetamol 500mg	500-1000mg 4- 6 hourly (Max dose 4g per day)	√	√	√	√	√	√
	Ibuprofen 200mg	200-400mg 6-8 hourly (Max dose 2.4g per day)		√	√	√	√	√
	Lansoprazole 30mg	30mg daily	√	√	√	√	√	√
	Methyl Salicylate ointment 25g	when needed	√	√	√	√	√	√
	Amitriptyline 10/25mg	10-25mg at night			√	√	√	√
Rheumatoid Arthritis	Paracetamol 500mg	500-1000mg 4- 6 hourly (Max dose 4g per day)		√	√	√	√	√
	Ibuprofen 200mg	200-400mg 6-8 hourly (Max dose 2.4g per day)		√	√	√	√	√
	Lansoprazole 30mg	30mg daily		√	√	√	√	√
	Methyl Salicylate ointment 25g	when needed		√	√	√	√	√
SKIN CONDITIONS								
Eczema	Aqueous Cream 500mg	Use as soap	√	√	√	√	√	√
	Emulsifying Ointment 500mg	Topical, apply daily	√	√	√	√	√	√
GYNAECOLOGY								
Hormone Replacement Therapy	Conjugated Oestrogen 0.625mg	0.3 - 1.25mg daily (Max dose 1.25mg per day)	√	√	√	√	√	√
	Oestradiol / Cyproterone(Climen)	2mg/1mg daily	√	√	√	√	√	√



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Prescriber levels								
PAIN								
Chronic Non-Cancer Pain	Paracetamol 500mg	500-1000mg 4-6 hourly (Max dose 4g per day)	√	√	√	√	√	√
	Ibuprofen 200/400mg	200-400mg 6-8 hourly (Max dose 2.4g per day)	Max 1.2g per day	√	√	√	√	√
	Amitriptyline 10/25mg	10-75mg at night (Max dose 75mg per day)		√	√	√	√	√
Chronic Cancer Pain	Paracetamol 500mg	500-1000mg 4-6 hourly (Max dose 4g per day)	√	√	√	√	√	√
	Ibuprofen 200/400mg	200-400mg 6-8 hourly (Max dose 2.4g per day)	Max 1.2g per day	√	√	√	√	√
	Tramadol 50mg	50mg -100mg 6 hourly (Max dose 400mg per day)		√	√	√	√	√
	Amitriptyline 10/25mg	10-75mg at night		√	√	√	√	√
	Lactulose 3.5g/5ml syrup	10-20ml daily		√	√	√	√	√
	Metoclopramide 10mg	10mg 8 hourly		√	√	√	√	√
RESPIRATORY CONDITIONS								
Asthma/COPD	Salbutamol 100µg	100-200µg 6 – 8 hourly when needed	√	√	√	√	√	√
	Beclomethasone 100µg	200 - 400µg 12 hourly	√	√	√	√	√	√
Asthma in children/ adolescents	Beclomethasone inhaler 50/ 100ug	50 – 100ug 12 hourly	√	√	√	√	√	√



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L ANTINEOPLASTIC AND IMMUNOMODULATING AGENTS								
Adjuvant and Metastatic breast cancer	Tamoxifen 20mg	20mg daily						Only Oncology
ISONIAZID PREVENTIVE THERAPY (IPT)								
IPT	Isoniazid 300mg	300mg daily	√	√	√	√	√	√
	Pyridoxine 25mg	25mg daily	√	√	√	√	√	√

Mr Dumisani Malele

Acting Chief Director: Pharmaceutical, Blood and Lab Services

Acting CEO: Medical Supplies Depot

Date: 1/9/2020