

incapacitating, or which result in or prolong hospitalisation, or a congenital abnormality; they should be reported even if the effect is well recognised. Examples include anaphylaxis, blood disorders, endocrine disturbances, effects on fertility, haemorrhage from any site, renal impairment, jaundice, ophthalmic disorders, severe CNS effects, severe skin reactions, reactions in pregnant women, and any drug interactions. Reports of serious adverse reactions are required to enable comparison with other drugs of a similar class. Reports of overdoses (deliberate or accidental) can complicate the assessment of adverse drug reactions, but provide important information on the potential toxicity of drugs.

For established drugs there is no need to report well-known, relatively minor side-effects, such as dry mouth with tricyclic antidepressants or constipation with opioids.

Medication errors

Adverse drug reactions where harm occurs as a result of a medication error are reportable as a Yellow Card or through the local risk management systems into the National Reporting and Learning System (NRLS). If reported to the NRLS, these will be shared with the MHRA. If the NRLS is not available and harm occurs, report using a Yellow Card.

Adverse reactions to medical devices

Suspected adverse reactions to medical devices including dental or surgical materials, intra-uterine devices, and contact lens fluids should be reported. Information on reporting these can be found at: www.mhra.gov.uk.

Side-effects in the BNF

The *BNF* includes clinically relevant side-effects for most drugs; an exhaustive list is not included for drugs that are used by specialists (e.g. cytotoxic drugs and drugs used in anaesthesia). Where causality has not been established, side-effects in the manufacturers' literature may be omitted from the *BNF*.

Recognising that hypersensitivity reactions (including anaphylactic and anaphylactoid reactions) can occur with virtually all drugs, this effect is not generally listed, unless the drug carries an increased risk of such reactions or specific management advice is provided by the manufacturer. Administration site reactions have been omitted from the *BNF* (e.g. pain at injection site). The *BNF* also omits effects that are likely to have little clinical consequence (e.g. transient increase in liver enzymes). Drugs that are applied locally or topically carry a theoretical or low risk of systemic absorption and therefore systemic side-effects for these drugs are not listed in the *BNF* unless they are associated with a high risk to patient safety. Infections are a known complication of treatment with drugs that affect the immune system (e.g. corticosteroids or immunosuppressants); this side-effect is listed in the *BNF* as 'increased risk of infection'. Symptoms of drug withdrawal reactions are not individually listed, but are collectively termed 'withdrawal syndrome'. Side-effects are generally listed alphabetically in order of frequency. In the product literature the frequency of side-effects is generally described as follows:

Description of the frequency of side-effects	
<i>Very common</i>	greater than 1 in 10
<i>Common</i>	1 in 100 to 1 in 10
<i>Uncommon</i> [formerly 'less commonly' in BNF publications]	1 in 1000 to 1 in 100
<i>Rare</i>	1 in 10 000 to 1 in 1000
<i>Very rare</i>	less than 1 in 10 000
<i>Frequency not known</i>	frequency is not defined by product literature or the side-effect has been reported from post-marketing surveillance data

For consistency, the terms used to describe side-effects are standardised using a defined vocabulary across all of the drug monographs in the *BNF* (e.g. postural hypotension is used for the term orthostatic hypotension).

Special problems

Delayed drug effects Some reactions (e.g. cancers, chloroquine retinopathy, and retroperitoneal fibrosis) may become manifest months or years after exposure. Any suspicion of such an association should be reported directly to the MHRA through the Yellow Card Scheme.

The elderly Particular vigilance is required to identify adverse reactions in the elderly.

Congenital abnormalities When an infant is born with a congenital abnormality or there is a malformed aborted fetus doctors are asked to consider whether this might be an adverse reaction to a drug and to report all drugs (including self-medication) taken during pregnancy.

Children Particular vigilance is required to identify and report adverse reactions in children, including those resulting from the unlicensed use of medicines; **all** suspected reactions should be reported directly to the MHRA through the Yellow Card Scheme (see also Adverse Drug Reactions in Children).

Prevention of adverse reactions

Adverse reactions may be prevented as follows:

- never use any drug unless there is a good indication. If the patient is pregnant do not use a drug unless the need for it is imperative;
- allergy and idiosyncrasy are important causes of adverse drug reactions. Ask if the patient had previous reactions to the drug or formulation;
- ask if the patient is already taking other drugs including self-medication drugs, health supplements, complementary and alternative therapies; interactions may occur;
- age and hepatic or renal disease may alter the metabolism or excretion of drugs, so that much smaller doses may be needed. Genetic factors may also be responsible for variations in metabolism, and therefore for the adverse effect of the drug; notably of isoniazid p. 621 and the tricyclic antidepressants;
- prescribe as few drugs as possible and give very clear instructions to the elderly or any patient likely to misunderstand complicated instructions;
- whenever possible use a familiar drug; with a new drug, be particularly alert for adverse reactions or unexpected events;
- consider if excipients (e.g. colouring agents) may be contributing to the adverse reaction. If the reaction is minor, a trial of an alternative formulation of the same drug may be considered before abandoning the drug;
- warn the patient if serious adverse reactions are liable to occur.