

# Appendix 2

## Borderline substances

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In certain conditions some foods (and toilet preparations) have characteristics of drugs and the Advisory Committee on Borderline Substances (ACBS) advises as to the circumstances in which such substances may be regarded as drugs. Prescriptions issued in accordance with the Committee's advice and endorsed 'ACBS' will normally not be investigated.

### Information

General Practitioners are reminded that the ACBS recommends products on the basis that they may be regarded as drugs for the management of specified conditions. Doctors should satisfy themselves that the products can safely be prescribed, that patients are adequately monitored and that, where necessary, expert hospital supervision is available.

### Foods which may be prescribed on FP10, GP10 (Scotland), or WP10 (Wales)

All the food products listed in this appendix have ACBS approval. Some products may not be approved in all three countries. The clinical condition for which the product has been approved is included with each entry.

**Note** Foods included in this appendix may contain cariogenic sugars and patients should be advised to take appropriate oral hygiene measures.

### Enteral feeds and supplements

For most enteral feeds and nutritional supplements, the main source of **carbohydrate** is either maltodextrin or glucose syrup; other carbohydrate sources are listed in the relevant table, below. Feeds containing residual lactose (less than 1 g lactose/100 mL formula) are described as 'clinically lactose-free' or 'lactose-free' by some manufacturers. The presence of lactose (including residual lactose) in feeds is indicated in the relevant table, below. The primary sources of **protein** or **amino acids** are included with each product entry. The **fat** or **oil** content is derived from a variety of sources such as vegetables, soya bean, corn, palm nuts, and seeds; where the fat content is derived from animal or fish sources, this information is included in the relevant table,

below. The presence of medium chain triglycerides (MCT) is also noted where the quantity exceeds 30% of the fat content.

Enteral feeds and nutritional supplements can contain varying amounts of **vitamins**, **minerals**, and **trace elements**—the manufacturer's product literature should be consulted for more detailed information. Feeds containing vitamin K may affect the INR in patients receiving warfarin. The suitability of food products for patients requiring a vegan, kosher, halal, or other compliant diet should be confirmed with individual manufacturers.

**Note** Feeds containing more than 6 g/100 mL protein or 2 g/100 mL fibre should be avoided in children unless recommended by an appropriate specialist or dietician.

### Nutritional values

Nutritional values of products vary with flavour and pack size—consult product literature.

**Paediatric ACBS indications:** Disease-related malnutrition, intractable malabsorption, growth failure, pre-operative preparation of malnourished patients, dysphagia, short-bowel syndrome, bowel fistula.

**Standard ACBS indications:** Disease-related malnutrition, intractable malabsorption, pre-operative preparation of malnourished patients, dysphagia, proven inflammatory bowel disease, following total gastrectomy, short-bowel syndrome, bowel fistula.

### Other conditions for which ACBS products can be prescribed

This is a list of clinical conditions for which the ACBS has approved toilet preparations.

#### Dermatitis, Eczema and Pruritus

*Aveeno*® Cream; *Aveeno*® Lotion; *E45*® Emollient Bath Oil; *E45*® Emollient Wash Cream

#### Disfiguring skin lesions (birthmarks, mutilating lesions, scars, vitiligo)

*Covermark*® classic foundation and finishing powder; *DermaColor*® Camouflage cream and fixing powder; *Keromask*® finishing powder and masking cream; *Veil*® Cover cream and Finishing Powder. (Cleansing Creams, Cleansing Milks, and Cleansing Lotions are excluded).