

QIPP Detail Aid

Providing support for quality in prescribing

DES Loratadine-NO BETTER THAN Loratadine?

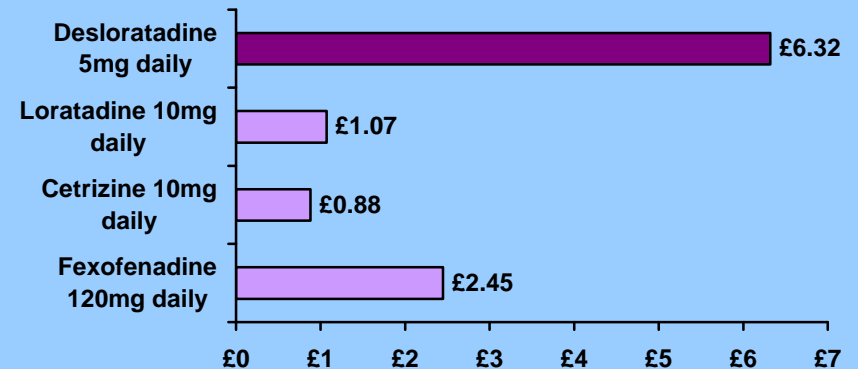
WHAT IS THE PROBLEM?

- In 2010 the NHS in the East Midlands spent £300,000 on desloratadine. If this had all been prescribed as cetirizine, the equivalent cost would have been £43,000, freeing up nearly £260,000 to spend on other services
- ADD LOCAL DATA HERE**

WHAT IS THE EVIDENCE?

- Desloratadine is a metabolite of loratadine. It has been marketed as being more selective and less sedating than other antihistamines. However there are no head-to-head clinical trials of desloratadine against cetirizine or loratadine.
- In trials, somnolence occurred in 8 to 9% with loratadine or cetirizine compared with 5 to 6% with placebo¹. Clinical trials with desloratadine have reported an incidence of somnolence of 3-4% compared with 2% with placebo¹.
- The Clinical Knowledge Service (CKS, www.cks.nhs.uk) recommends cetirizine, fexofenadine, and loratadine for the treatment of allergic rhinitis². If sedation is an issue, the CKS and the British Society for Allergy and Clinical Immunology (BSACI) both note that fexofenadine causes the least sedation of the non-sedating antihistamines^{2,3}.

WHAT ARE THE COSTS?



Costs for 28 days supply. Taken from Drug Tariff February 2011
Doses are a guide and are based on licensed doses.

KEY MESSAGES

- Use cetirizine or loratadine as first-line antihistamines.**
- There is no trial evidence that desloratadine is more effective or less sedating than loratadine or cetirizine.**
- Incidence of somnolence is low with all newer antihistamines. If sedation is an issue, the CKS and the BSACI note that fexofenadine causes the least sedation of the non-sedating antihistamines.**

The information contained in this document will be superseded in due course.
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References:

- DRUGDEX System. MICROMEDEX, Greenwood Village, Colorado. Available from: <http://www.thomsonhc.com/home/dispatch> Accessed on 10/2/2011
- Clinical Knowledge Summaries, Allergic Rhinitis, accessed via www.cks.nhs.uk on 10/2/2011
- Scadding GK et al BSACI guidelines for the management of allergic and non-allergic rhinitis Clin Exp Allergy, 2008; 38, 19-42