



Isosorbide Mononitrate conversion

East Lancashire health economy Medicines Management Board has added isosorbide mononitrate modified release 60mg tablets and 25mg capsules to the joint formulary replacing the standard release isosorbide mononitrate. The *Chemydur[®] 60XL tablets* or *Monomil XL[®] 60mg tablets* brands, and *Elantan LA[®] 25 capsules* are cost-equivalent and offer improved adherence as they are dosed once daily. In addition the 60 M/R preparations can be halved to obtain a dose of 30 mg.

All other brands and strengths of modified release isosorbide mononitrate are non-formulary and should not be prescribed.

In primary care either the *Chemydur[®] 60XL*, *Monomil XL[®] 60mg*, *Elantan LA[®] 25/50* brands **must** be selected when prescribing to ensure only these brands are dispensed; generic prescriptions may result in more expensive brands being supplied.

Below is a conversion table to enable using this preparation in place of standard release isosorbide mononitrate and modified release (M/R) preparations which are not going to be kept.

Conversion table

Original isosorbide prescription:	Convert to:
10 mg twice a day at 8am and 4pm	30mg M/ R or Elantan LA* 25 each morning
20 mg twice a day at 8am and 4pm	60 mg M/R each morning
30 mg twice a day at 8am and 4pm	90 mg M/R each morning
40 mg twice a day at 8am and 4pm	120 mg M/R each morning (maximum dose)
40 mg M/R each morning	50 mg M/R each morning
50 mg M/R each morning	50 mg M/R each morning

This conversion is based on the principle that it is safer to increase the dose to maintain angina control. When a decrease is thought to be appropriate medically than that will be dealt with on an individual basis e.g. patient on 40mg M/R but having side effects of headaches or postural drop would tolerate a dose of 30mg M/R better.

*Elantan LA to be used when the patient concerned may have difficulty in halving the tablet or may be confused by the process. This should be considered at the point of prescribing. Amendment proposed to original document at MMB meeting April 2015. **Elantan 50mg added as a result of discussion at MMB December 2015.**