



New Zealand Dietitians Board

Te Mana Mātanga Mātai Kai

Products Dietitians can prescribe

The following subsidised products are able to be prescribed by Registered Dietitian Prescribers. Please note that some products require a Special Authority (SA) application, whilst others have dose restrictions or maximum amounts that can be prescribed. We encourage you to regularly check the latest [PHARMAC Schedule](#) for product and/or brand name changes, familiarise yourselves with the NZ Formulary for adults <https://nzf.org.nz/> children https://www.nzfchildren.org.nz/nzf_1 and access to Medsafe's Medicines Information pages <https://www.medsafe.govt.nz/medicines/medicine-information.asp>

Special Foods

All – see [PHARMAC Special Foods Schedule](#)

Vitamins

Vitamin B

THIAMINE HYDROCHLORIDE (B1)

Tab 50 mg

Thiamine Multichem

PYRIDOXINE HYDROCHLORIDE (B6)

Tab 25 mg

Tab 50 mg

Vitamin B6 25

Pyridoxine Multichem

HYDROXOCOBALAMIN (B12)

Inj 1 mg/ml

* can prescribe but not administer

Vita B12*

Hydroxocobalamin Panpharma*

VITAMIN B COMPLEX

Tab, strong, BPC

Bplex

Vitamin C

ASCORBIC ACID

Tab 100 mg

Cvite

Vitamin D

COLECALCIFEROL

Cap 1.25 mg (50,000 iu)

Oral liquid 188 mcg per ml (7500 iu per ml)

Vit.D3

Clinicians

Multivitamin Preparations

MULTIVITAMIN RENAL

Cap

Clinicians Renal Vit

MULTIVITAMINS

Powder (inborn errors of metabolism only)

Paediatric Seravit

FOLIC ACID
Oral liq 50 mcg per ml
Tab 0.8 mg
Tab 5 mg

Biomed
Folic Acid Multichem
Folic acid Viatris

VITAMINS
Tab (BPC cap strength)
Cap (fat soluble vitamins A, D, E, K)

Mvite
Vitabdeck

Minerals

Iron
FERROUS FUMARATE WITH FOLIC ACID
Tab 310 mg (100 mg elemental) with
Folic acid 350 mcg

Ferro-F-Tabs

FERROUS SULPHATE
Tab long-acting 325 mg (105 mg elemental)
Oral liquid 30 mg (6 mg elemental) per 1 ml
Oral liquid 30 mg (6 mg elemental) per 1 ml

Ferrograd
Ferodan
Ferro-Liquid

FERROUS FUMARATE
Tab 200 mg (65 mg elemental)

Ferro-tab

Calcium
CALCIUM CARBONATE
Tab 1.25 g (500 mg elemental)
Oral liq 1.25 g per 5 ml (500 mg elemental)
*Only when prescribed for patients unable to swallow calcium carbonate tablets or where calcium carbonate tablets are inappropriate and the prescription is endorsed accordingly

Calci-Tab 500
Roxane*

Zinc
ZINC SULPHATE
Cap 137.4 mg (50 mg elemental)

Zincaps

Iodine
POTASSIUM IODATE
Tab 253 mcg (150 mcg elemental iodine)

Neurotabs

Oral Electrolytes

COMPOUND ELECTROLYTES
Powder for oral solution
*5 sachets available on a PSO

Electral*

POTASSIUM CHLORIDE
Tab long-acting 600 mg (8 mmol)
Tab eff 548 mg (14 mmol)

Span-K
Chlorvescent

COMPOUND ELECTROLYTES with GLUCOSE (DEXTROSE)
Solution with electrolytes 1000 ml

Hydralyte Lemonade

PHOSPHORUS
Tab eff 500 mg (16 mmol)

Phosphate Phebra

SODIUM CHLORIDE
Oral liquid (4 mmol/ml)
* Only funded if prescribed for treatment of hyponatraemia

Biomed*

Pancreatic Enzymes

PANCREATIC ENZYME

Modified release granules 60.12 mg

Creon Micro

Cap pancreatin 150 mg

Creon 10000

Cap pancreatin 300 mg

Creon 25000

Laxatives

ISPAGHULA (PSYLLIUM) HUSK

Powder for oral solution

Konsyl-D

MACROGOL 3350 WITH POTASSIUM CHLORIDE, SODIUM BICARBONATE AND SODIUM CHLORIDE

Powder for oral solution

Molaxole

DOCUSATE SODIUM WITH SENNOSIDES

Tab 50 mg with sennosides 8 mg

Laxsol

POLOXAMER

Oral drops 10%

Coloxyl

DOCUSATE SODIUM

Tab 50 mg

Coloxyl

Tab 120 mg

Coloxyl

LACTULOSE

Oral liquid 10 g per 15 ml

Laevolac

SENNA

Tab, standardised

Senokot

Anti-diarrhoeal agents

LOPERAMIDE HYDROCHLORIDE

Tab 2 mg (up to 20 x 2 mg tabs)

Nodia*

Cap 2 mg (up to 20 x 2 mg caps)

Diamide relief

*30 tablets available on a PSO

Phosphate binding agents

ALUMINIUM HYDROXIDE
Tab 600 mg

Alu-tab

CALCIUM CARBONATE
Tab 1.25 g
Oral liq 1,250 mg per 5 ml

Calci-Tab 500
Roxane

Anti-reflux agents

OMEPRAZOLE
Cap 20 mg (up to 28 x 20 mg)
*if 18yrs or older

Omeprazole Actavis*

Anti-nausea agents

HYOSCINE
Patch 1 mg per 72 hrs

Scopoderm TTS
Scopolamine Mylan

Mouth and throat

BENZAMYDINE HYDROCHLORIDE
Soln 0.15% (for oromucosal or topical use)

Difflam*

* see the PHARMAC schedule for information regarding increased subsidy for oral mucositis

NYSTATIN
Oral liq 100,000 u per ml

Nilstat

CHOLINE SALICYLATE
Gel 8.7% with cetalkonium chloride 0.01%
*in pack sizes of 15 g or less

Bonjela*

Diabetes consumables products Dietitians can prescribe

The following subsidised products can be prescribed by Registered Dietitian Prescribers. This list is intended to be used by Dietitians specialising in or regularly seeing diabetic patients whom may require a repeat prescription for consumable products whilst seeing their Dietitian.

Please note that only PHARMAC subsidised consumables are listed here. You may have patients who prefer to use products not on this list and are happy to self-fund these products. You can prescribe them if your patient requests them, however as they are not on this list, you may need to refer to the NZ Formulary https://nzf.org.nz/nzf_3764 or supplier provided information. Please regularly check the latest [PHARMAC Schedule](#) for updates to the current list of subsidised products, before prescribing as products and /or brand names can change.

Blood glucose testing

Blood glucose diagnostic test meter*

* 1 pack per prescription, 1 pack available on a PSO, subsidy by endorsement

METER WITH 50 LANCETS, A LANCING DEVICE
AND 10 DIAGNOSTIC TEST STRIPS

CareSens N
CareSens N POP
CareSens N Premier

Blood glucose diagnostic test strip*

*Up to 50 available on a PSO

TEST STRIPS

CareSens N
CareSens PRO

Blood glucose test strips (visually impaired)

TEST STRIPS

SensoCard

Ketone testing

Blood Ketone Diagnostic Test Strip*

*Maximum of 20 strips per prescription, up to 10 strips available on a PSO, subsidy by endorsement

TEST STRIPS

KetoSens

Dual Blood Glucose and Blood Ketone Testing

Dual blood glucose and blood ketone diagnostic test meter*

*Maximum of 1 pack per prescription, up to 1 pack available on a PSO, subsidy by endorsement

METER WITH 50 LANCETS, A LANCING DEVICE
AND 10 DIAGNOSTIC TEST STRIPS

CareSens Dual

Insulin Syringes and Needles

Insulin syringes, disposable with attached needle*

*Up to 200 per prescription

SYRINGE 0.3 ML WITH 29 G X 12.7 MM NEEDLE
SYRINGE 0.3 ML WITH 31 G X 8 MM NEEDLE
SYRINGE 0.5 ML WITH 29 G X 12.7 MM NEEDLE
SYRINGE 0.5 ML WITH 31 G X 8 MM NEEDLE
SYRINGE 1 ML WITH 29 G X 12.7 MM NEEDLE
SYRINGE 1 ML WITH 31 G X 8 MM NEEDLE

B-D Ultra-Fine
B-D Ultra-Fine II
B-D Ultra-Fine
B-D Ultra-Fine II
B-D Ultra-Fine
B-D Ultra-Fine II

Insulin pen needles*

*Up to 200 per prescription

29 G X 12.7 MM
31 G X 5 MM
31 G X 6 MM
31 G X 8 MM
32 G X 4 MM

B-D Micro-Fine
B-D Micro-Fine
Berpu
B-D Micro-Fine
B-D Micro-Fine