



salbutamol + ipratropium bromide

COMBIVENT

metered aerosol

A Logical Combination in COPD

Salbutamol + ipratropium bromide in a single metered dose inhale

Prescribing information Combivent Metered Aerosol containing 200 doses, each delivering ipratropium bromide (anticholinergic bronchodilator) 20 micrograms and salbutamol (β_2 -adrenergic agonist) 100 micrograms. **Indication:** treatment of bronchospasm associated with chronic obstructive pulmonary disease in patients who require regular treatment with both ipratropium and salbutamol. **Dosage:** Adults only; two puffs four times a day. **Contra-indication:** known hypersensitivity to any of the components or to atropine or its derivatives. **Precautions:** cardiac disorders; hyperthyroidism; diabetes mellitus; co-prescription with β -blockers, corticosteroids, xanthine derivatives, other β -agonists or anticholinergics; pregnancy, especially the first trimester, and breast

feeding. Potentially serious hypokalaemia may result from β_2 -agonist therapy. Advise patient seek medical advice in the event of acute, rapidly worsening dyspnoea or if response lessens; do not spray into the eye. **Side-effects:** tremor and nervousness may occur; tachycardia, dizziness, palpitations, headache, local reactions such as dryness of the mouth are less frequent; urine retention has been reported rarely. As with other bronchodilators, cough and, very rarely, paradoxical bronchoconstriction have been observed. **Basic NHS price:** 10ml vial complete with mouthpiece UK £6.00. POM. PL 0015/0191. PA 7/52/1 **Product Licence and Authorisation Holder:** Boehringer Ingelheim Limited, Ellesfield Avenue, Bracknell, RG12 8YS. For full prescribing information please see data sheet.

 **Boehringer
Ingelheim**

Prepared April 1995.





THE EXPANDING WORLD OF 'ZESTRIL'

- More Doctors are prescribing 'Zestril' for more patients than ever before
- 'Zestril' has 12 million patient years of experience

- 48,000 patients are currently involved in 3 major trials with lisinopril
- Lisinopril is on over 75% of hospital formularies

PRESCRIBING INFORMATION

Consult data sheet before prescribing.

'ZESTRIL'

USE: All grades of essential hypertension and renovascular hypertension. Congestive heart failure (adjunctive therapy).

PRESENTATION: Tablets containing 2.5mg, 5mg, 10mg or 20mg lisinopril ('Zestril').

DOSAGE AND ADMINISTRATION: *Hypertension* Adults (including elderly): initially 2.5mg daily, a 2.5mg dose seldom achieves a therapeutic response; adjust dose according to response. Maintenance usually 10-20mg once daily. Maximum is 40mg daily. Diuretic-treated patients - if possible stop diuretic 2-3 days before starting 'Zestril'. Resume diuretic later if desired.

Congestive heart failure Adults: initially 2.5mg daily under close medical supervision (hospital initiation for severe or unstable heart failure and other patients at higher risk), increasing to 5-20mg once daily according to response. Monitor blood pressure and renal function.

Renal impairment - May require lower maintenance dosage.

Children - Not recommended.

CONTRAINDICATIONS: Pregnancy. Hypersensitivity to 'Zestril'. Patients with history of angioneurotic oedema to previous ACE inhibitor therapy. Patients with aortic stenosis, cor pulmonale or outflow tract obstruction.

PRECAUTIONS: Assessment of renal function is recommended. Symptomatic hypotension may occur, particularly in volume depleted patients and congestive heart failure. Caution in patients with ischaemic heart or cerebrovascular disease; renal

insufficiency; renovascular hypertension. Patients with a history of angioedema may be at increased risk of angioedema with an ACE inhibitor. Cough has been reported with ACE inhibitors. Renal impairment (usually reversible) may occur in some patients. Hypotension may occur during surgery or anaesthesia. Caution in nursing mothers. No paediatric experience. Afro-Caribbean patients may show reduced therapeutic response. Symptomatic hypotension can be minimised by discontinuing diuretic prior to 'Zestril'. Interaction with indomethacin and lithium. Potassium supplements, potassium-sparing diuretics and potassium-containing salt substitutes not recommended. Avoid concomitant use with high-flux dialysis membranes.

SIDE EFFECTS: Hypotension, dizziness, headache, diarrhoea, cough, nausea, fatigue. Less frequently, rash, asthenia. Rarely, angioneurotic oedema and other hypersensitivity reactions, myocardial infarction or cerebrovascular accident possibly secondary to excessive hypotension in high risk patients, palpitation, tachycardia, abdominal pain, dry mouth, hepatitis, jaundice, mood alterations, mental confusion, urticaria, diaphoresis, uraemia, oliguria/anuria, renal dysfunction, acute renal failure, impotence, pancreatitis, haemolytic anaemia. A symptom complex which may include fever, vasculitis, myalgia, arthralgia/arthritis, positive ANA, elevated ESR, eosinophilia, leukocytosis; rash, photosensitivity or other dermatological manifestations may occur. Increases (usually reversible) in blood urea, serum creatinine, liver enzymes and serum bilirubin. Decreases in haemoglobin and haematocrit have occurred. Hyperkalaemia and neutropenia.

LEGAL CATEGORY: POM.

PRODUCT LICENCE NUMBERS AND BASIC NHS COSTS: 'Zestril' 2.5mg (12619/0084) 7 tablets, £1.91; 28 tablets, £7.64; 5mg (12619/0085) 28 tablets, £9.58; 10mg (12619/0086) 28 tablets, £11.83; 20mg (12619/0087) 28 tablets, £13.38.

'Zestril' is a trademark.

Further information is available from: ZENECA Pharma, King's Court, Water Lane, Wilmslow, Cheshire SK9 5AZ.

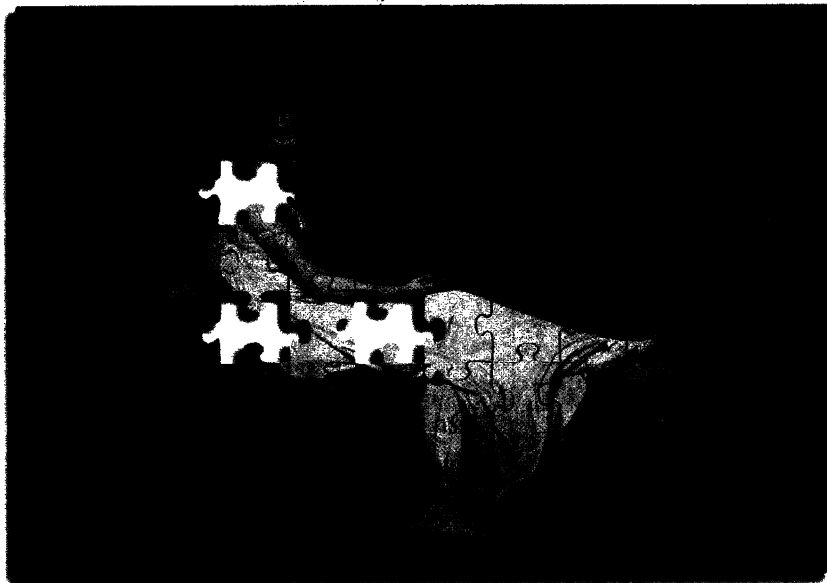
95/4366/11 Issued Feb '95

ZENECA

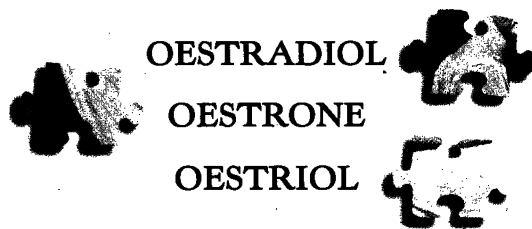
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Oestrone, Oestradiol, Oestriol

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HAS HAD A HYSTERECTOMY

Further Information is available from: Shire Pharmaceuticals Ltd
Fosse House, East Anton Court, Icknield Way,
Andover, Hants SP10 5RG.

Legal Category 

Towards an Information Superhighway in Medicine

Organised by Brighton Health Care NHS Trust in conjunction with the Trafford Centre for Medical Research, University of Sussex

To be held at University of Sussex, Brighton
On Tuesday 4th July 1995

In January 1995 Brighton Health Care NHS Trust became the first National Health Service Trust to launch pages on the World Wide Web thus joining the ranks of medical schools, research institutions, commercial organisations and other bodies exchanging information on the Internet.

This new development is proving to be of benefit to all areas of health care including imaging, Medical Physics, Pathology, GP services, Health Education and Post-Graduate Education as well as providing a facility for Trust press releases and information regarding Health of the Nation targets.

On Tuesday, 4th July 1995, a one day meeting and workshop will be held by Brighton Health Care NHS trust in conjunction with the Trafford Centre for Medical Research to provide potential users with an introduction to this rapidly expanding field.

Areas to be covered will include:

History of the Internet, electronic mail, introduction to the World Wide Web, hardware and software requirements, programming in Hypertext Mark-up Language, security issues and the law, service for GPs and the public, on-line database and search facilities on the Internet, bulletin boards, and NHS wide networking.

Practical sessions will enable participants to gain hands-on experience of the Internet and the World Wide Web.

The course fee is £75.00 which will include lunch, refreshments and one month's free access to the Internet with Pavilion Internet Plc.

For further details, contact: Clive Baldock, Medical Physics Department, Brighton Health Care NHS Trust, Royal Sussex County Hospital, Eastern Road, Brighton BN2 5BE. Tel: 01273 696955 ext 4387 email. cliveb@rsch.org.uk

Local Hero



moisture-repellent Timodine®

Dimethicone 350 BP, Nystatin BP, Benzalkonium chloride solution BP, Hydrocortisone Ph. Eur.

The GP choice for the humid race

Timodine Prescribing information Presentation Pale yellow cream containing: Nystatin BP 100,000iu/g. Hydrocortisone Ph.Eur 0.5%w/w. Benzalkonium chloride solution BP 0.2%w/w. Dimethicone 350 BP 10%w/w. **Indications** Severe napkin rash involving *Candida albicans*. Dermatoses including intertrigo, pruritus ani and vulvae, eczema, seborrhoeic dermatitis and housewife's eczema, in which *Candida albicans* is a factor. **Directions** For treatment of dermatoses apply a thin layer three times daily until the lesion has healed or in the case of napkin rash, after each napkin change. In infants a course of treatment should not normally exceed seven days. **Contra-indications** Sensitivity to nystatin or benzalkonium chloride. **Precautions**

Keep away from the eyes. Topical steroids should not be used extensively in pregnancy. NHS Cost for 30g tube as at March 1995 £2.38 Product licence PL 1839/0001 Lloyd Hamol Ltd trading as Reckitt & Colman Products. Legal classification POM. Irish PA No.27/10/1. Irish Address: Reckitts (Ireland) Ltd., Belgard Road, Tallaght, Dublin 24. Tel:526444. Price for 30g tube IR £ 2.59. Further information available on request from: Reckitt & Colman Products Limited, Dansom Lane, Hull HU8 7DS. Date of preparation: 14.03.95. Timodine and the Sword and Circle device are trademarks. T2/95

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RCGP

Research
Funding



Applications are now being invited for grants for research in or relating to general medical practice, for consideration by the Scientific Foundation Board. In addition to its general fund, the Board administers a number of special funds including the **Windebank Fund for research into diabetes**.

The Scientific Foundation Board's definition of research is catholic and includes educational research, observational as well as experimental studies, and accepts the methodologies of social science as valid. It does not fund educational activities.

If the study involves any intervention or raises issues of confidentiality, evidence of Local Research Ethics Committee approval should be provided as part of your application, or justification given of why it is not necessary to obtain such approval.

Studies which do not, in the opinion of the Board, offer a reasonable chance of answering the question posed will be rejected. It may be useful to seek expert advice on protocol design before submitting an application.

Care should be taken to ensure that costs are accurately forecast and that allowance is made for inflation and salary increases.

The annual sum of money available is not large by absolute standards and grant applications for sums in excess of £5,000 are unlikely to be successful.

Application forms are obtainable from the Clerk to the Board at: The Scientific Foundation Board, The Royal College of General Practitioners, 14 Princes Gate, London, SW7 1PU. The Board considers applications for funding three times a year, usually in January, May and October. The closing date for applications is eight weeks prior to the date of the meeting. Information on precise closing dates can be obtained by contacting the Clerk to the Board. Any forms received after the closing date will, unfortunately, be ineligible for consideration at the meeting.

Chairman's action can be taken between meetings to approve grants of up to £1,000. This may be particularly appropriate for applications for funding of pilot studies.

ROYAL COLLEGE OF GENERAL PRACTITIONERS

RCGP/BUPA RESEARCH TRAINING FELLOWSHIP IN GENERAL PRACTICE

The RCGP is pleased to offer a research training fellowship which has been made possible by a generous donation to the College by BUPA. The aim of the fellowship is to provide an opportunity for general practitioners to receive training in research methods whilst undertaking research work in general practice. The fellowship will enable general practitioners to develop their research skills and interests by securing them protected time and by enabling them to work within the environment of an academic unit.

Funding is available for three sessions a week for up to two years. Applicants should be members of the College and priority will be given to applicants prepared to work for a research thesis from general practice. Applicants will be expected to have a formal link with a local university department, an RCGP research unit, or a department of post-graduate medicine. Financial support is available to meet the costs incurred by the supervising department. Applicants should include a summary of the proposed research and confirmation of support from the head of the academic unit concerned.

Further details and an application form can be obtained from Professor Denis Pereira Gray, Chairman of Research, Royal College of General Practitioners, 14 Princes Gate, London SW7 1PU, to whom applications and curriculum vitae should be submitted by 1st September 1995.

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MRCGP COURSE

Course Tutors: Dr Has Joshi, Dr Douglas Dare, Dr Geoff Morgan & Dr Terry Davies

13 - 16 September 1995

This is an intensive course employing unique teaching methods to enable candidates to prepare for the MRCGP examination. The course is particularly aimed at candidates who have found/or anticipate difficulties with the MRCGP examination in its present format. It is also aimed at introducing candidates to the methods of assessment used in the written and oral segments of the examination. Candidates are advised to book early to avoid disappointment as numbers are limited.

The delegate fee (inclusive of VAT) is £450.00 PGEA & Section 63 approved.

EMPLOYMENT LAW AND MANAGING STAFF

Course Director: Sally Irvine Course Leader: Hilary Haman

26/27 September 1995

The importance of managing staff effectively and the increase in new legislation and case law, arising from UK statutes and European Directives, demands that practices have a firm foundation in employment law and are kept up to date on the latest legal developments. This two day course in personnel management focuses on motivating staff, and employment law issues, including the Contract of Employment and disciplinary issues. It is designed for members of the practice team whose responsibilities include staff management, and is run by Hilary Haman and Sally Irvine, who are experienced management consultants in general practice and authors of the highly popular book "Making Sense of Personnel Management".

The delegate fee (inclusive of VAT) is £250.00 and includes lunch and refreshments on both days and dinner on the first evening. PGEA approved for two days under Service Management.

STUDY DAY ON COT DEATH

4 October 1995

This study day, organised jointly with the Foundation for the Study of Infant Deaths, will look at the latest developments in the study of Cot Deaths and possible ways of reducing the risks. Subjects for discussion will include cot mattresses, risks for subsequent children, helplines and befriender support. The study day is open to GPs and other members of the primary health care team. PGEA applied for.

The delegate fee (inclusive of VAT):

GPs: £55.00 Other members of primary health care team: £35.00

STUDY DAY ON CLINICAL DEPRESSION IN GENERAL PRACTICE

11 October 1995

Caring for patients with depression is one of the most important and difficult jobs a GP has to face. This study day will tackle the practical problems of achieving a good standard of patient care despite limited resources and consulting time. Refresh knowledge of depressive illness and share experience and views with colleagues in the discussion groups.

PGEA applied for. The delegate fee (inclusive of VAT) is £55.00.

For further details please contact: RCGP Courses and Conferences on 0171 823 9703 or Fax 0171 225 3047

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The West Midlands Regional Alcohol Co-Ordinator in association with Aquarius

Alcohol and Primary Care The Interface Between Alcohol Specialists and Primary Health Care Teams



18-19 September 1995 in Birmingham



Aquarius E-T-C

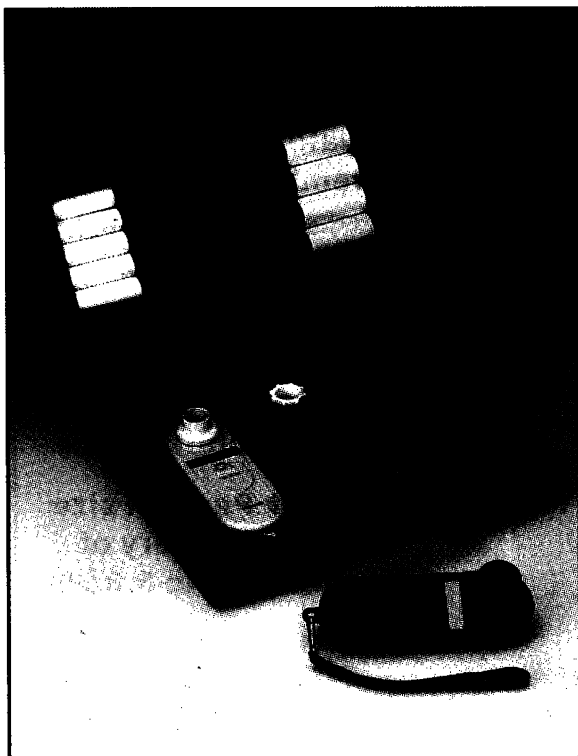
This conference will bring together primary health care teams, alcohol specialists and purchasers. It will provide an opportunity to explore research evidence, professional issues and implications of the new NHS culture.

Speakers include: Dr Jenny Bywaters, Dr Douglas Cameron, Dr Christine Godfrey, Ms Terry Lawrence, Ms Pip Mason, Dr Hugh Norris, Professor Jim Orford, Dr Geoffrey Smerdon

Cost: £120 (Residential), £50 (First day only)

Further details from: Yvonne Doherty-Rowe, Aquarius, 6th Floor, The White House, 111 New Street, Birmingham B2 4EU. Tel: 0121 632 4727 Fax: 0121 633 0539.

MICRO RESPIRATORY COMBINATION PACKAGE



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For further details contact:

Micro Medical Ltd,
PO Box 6
Rochester
Kent ME1 2AZ.
Tel: 01634 843383



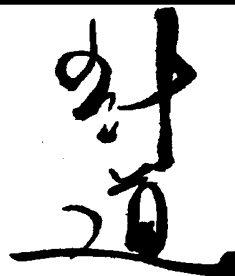
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The AcuMedic Foundation organises postgraduate courses and study tours on Acupuncture and Chinese Medicine for Western doctors and healthcare professionals. The Foundation co-ordinates research with medical institutions and has an expanding publishing program including The International Journal of Acupuncture. The AcuMedic Review provides updates on books and equipment for the professionals.

For a free copy of our AcuMedic Review, or further information, please telephone 0171 388-6704

OMRON 705CP

Blood pressure/pulse monitor



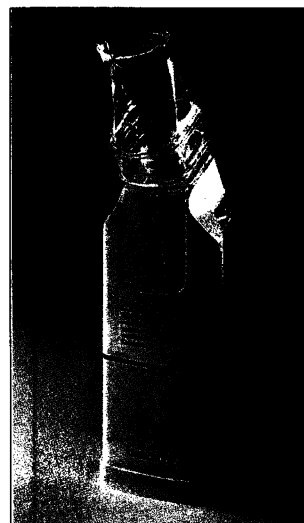
- Clinically evaluated. Recommended for hospital and surgery. (Professor E. O'Brien, Dublin - September 1994)
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- Results printed as a listing or barchart
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- Smallest nebuliser in the world
- Discharges 98% of medication in only six minutes (0.25ml dose)
- Clinically evaluated, (Dr. J. Becker, Germany - November 1994)



- Light weight, only 8oz
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- Partical size delivery of 0.5 to 5.0 µm
- Pocket sized for extra convenience

CLASSIFIED ADVERTISEMENTS

Classified Advertisements are welcomed and should be sent to: Maria Phantis, Royal College of General Practitioners, 14 Princes Gate, Hyde Park, London SW7 1PU. Telephone: 0171 - 581 3232. Fax: 0171 - 225 - 0629. Copy must be received three weeks before the 1st of the month of issue to ensure inclusion. Every effort will be made to include advertisements received after this date but publication cannot be guaranteed and the advertisement may have to be held over to the following issue. The publisher will not be responsible for any error in the insertion of, or omission to insert, any advertisement. The charge for space in this section is £12.00 per single column centimetre, plus £10.00 if a box number is required, plus VAT at 17.5%. Fellows, Members and Associates of the Royal College of General Practitioners may claim a 10% reduction. Replies to box numbers should be sent to the above address, with the box number on the envelope. The inclusion of an advertisement in this *Journal* does not imply any recommendation and the Editor reserves the right to refuse, amend or withdraw any advertisement without explanation. All recruitment advertisements in this section are open to both men and women.

COURSES/CONFERENCES

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GENERAL PRACTICE RESEARCH CLUB

Founded by John Fry decades ago as an offshoot of the College the club continues to meet twice a year. Its purpose is to facilitate research in and by general practice, and its method twice yearly meetings in congenial surroundings of a mix of experts and beginners, to share ideas, plans, and failures as well as preliminary results.

Membership is £10 pa.

The next meeting, at Chilworth Manor, is on Friday 20th October.

For further details, contact

Dr Peter Fitton
Barnsley FHSA
49-51 Gawber Rd
Barnsley S75 2PY
Tel: 01226 779922

ST GEORGE'S HOSPITAL MEDICAL SCHOOL

(University of London)

DIVISION OF PSYCHIATRY OF ADDICTIVE BEHAVIOUR

DIPLOMA IN ADDICTIVE BEHAVIOUR FOR GENERAL PRACTITIONERS

One year (four terms) part time course for General Practitioners.

This modular course is unique in the U.K. and offers a comprehensive training in the addictions as applied to the Primary Health Care setting. PGEA Approved. Course starts October 1995.

M.Sc IN ADDICTIVE BEHAVIOUR

This two year part-time course for Health Care professionals is the first of its kind in the U.K. Modular units of learning with a number on electives. Credit exemption for those who have obtained the Diploma. Approved by the University of London. Course starts October 1995.

For further information please contact:

Education and Training Unit, St George's Hospital Medical School, Division of Addictive Behaviour, Cranmer Terrace, London SW17 0RE (0181 725 2637).

GP REFRESHER COURSE 17-19 OCTOBER 1995

The Postgraduate Centre
Morrison NHS Trust, Swansea

Topics include:

ENT Emergencies-Cardiology Investigations
Paediatrics-Sexual Medicine-Neurology
Practice Finance-Information Management

Guest Speaker:

Professor Bernard Knight, Home Office Pathologist

PGEA Accreditation sought for 6 half days
Course fee £120 (inclusive of lunch & refreshments)
Optional social evening (Wednesday 18) £5

Apply to:

Dr B Lervy,
School of Postgraduate Studies,
Maesygwernen Hall,
Morrison, Swansea SA6 6NL
(01792-702719)

School of Postgraduate Medical Education, University of Warwick, Coventry CV4 7AL.

COPING WITH THE "HEARTSINK" PATIENT

A one-day conference for General Practitioners and researchers.
September 20th 1995

Presenters include: Prof Tom O'Dowd, Dr Nigel Mathers.

Fee: £60. PGEA approved

Programme and application form (School Office) 01203-523913
Other enquiries: Mrs M Eaves 01203-523745 (Fax: 01203-524311)



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College of Medicine**

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in association with

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Commencing 25 September 1995

This Diploma Course is designed specifically for general practitioners who wish to gain expertise in practical therapeutic management of common medical problems. The course consists of three ten-week modules of distance learning material with one short residential weekend in October 1995.

Each week there is a case study with regular feedback to candidates.

Regular audio tapes are provided containing interviews with experts on the subjects being studied. A direct telephone line (the Diploma Hotline) is available for advice concerning the course and the course material.

The material is largely problem-orientated and practical general practice therapeutics is taught and not hospital-based therapeutics. Doctors who succeed in being awarded the Diploma in Therapeutics should have gained the knowledge and understanding to act as the "local therapeutics opinion" in a partnership.

The course satisfies PGEA requirements for both 1995 and 1996 (180 hours).

Course fee: £1620

Course places are limited and early application is advised.

For further details and an application form, please contact:

Professor P A Routledge
Diploma in Therapeutics
Academic Centre
Llandough Hospital and Community NHS Trust
CARDIFF, CF64 2XX
Telephone and Fax: 01222 704028.

CONFERENCES

**Royal College of General Practitioners Annual Symposium
RESEARCH IN GENERAL PRACTICE**

Regents College, London - 16 November 1995

The RCGP 1995 Annual Symposium aims to raise the profile of research in general practice, covering the whole spectrum of research from simple projects right through to work forming the basis of an MD thesis. The programme is aimed at those who are just at the "thinking" stage about undertaking research within general practice, as well as new researchers and those with more experience.

Topics will include:

- Qualitative and quantitative research
- Writing a research thesis from general practice
- NHS research practices
- NHS Directorates of Research and Development
- Getting funding!
- Getting published
- How to get help

For further details please contact:

RCGP Courses & Conferences Unit, RCGP,
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Tel: 0171 823 9703 Fax: 0171 225 3047

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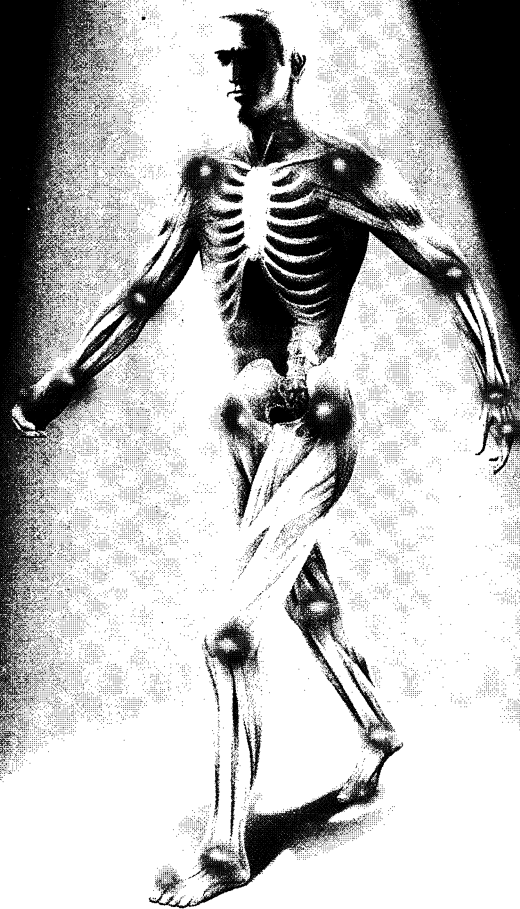
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piroxicam

MELTS IN THE MOUTH FOR POWER IN THE JOINTS

PRESCRIBING INFORMATION FOR FELDENE MELT[®] (PIROXICAM): UK. Indications: *Adults:* Rheumatoid arthritis, osteoarthritis, ankylosing spondylitis, acute gout and acute musculoskeletal disorders. *Elderly:* As with other NSAIDs, elderly patients should be closely supervised. *Children:* FELDENE MELT is not recommended in children. For treatment of juvenile chronic arthritis (Still's disease) please see oral data sheet. **Dosage:** Rheumatoid arthritis, osteoarthritis and ankylosing spondylitis - normal starting and maintenance dosage 20mg once daily. Long-term use of 30mg daily or more carries an increased risk of gastro-intestinal side-effects. Acute gout - 40mg daily in single or divided doses for up to 7 days. Acute musculoskeletal disorders - 40mg daily, in single or divided doses, for the first 2 days, 20mg daily for the remainder of the 7 to 14 days' treatment. **Contra-indications:** Active peptic ulceration or history of recurrent ulceration. Hypersensitivity to FELDENE, aspirin or other NSAIDs. **Warnings:** Pregnancy, lactation.

Precautions: Significant renal, hepatic or cardiac insufficiency. Patients with phenylketonuria - each FELDENE MELT tablet contains 0.14mg phenylalanine. **Drug Interactions:** Monitor patients on concurrent anticoagulants, lithium or diuretic therapy. Concurrent use of aspirin or other NSAIDs is not advised. **Side-Effects:** Gastro-intestinal symptoms; if peptic ulceration or gastro-intestinal bleeding occurs withdraw FELDENE. Oedema, mainly ankle. Skin rashes. CNS effects, including headaches and dizziness. Rare cases of renal and hepatic abnormalities have been reported. Haematological reactions including thrombocytopenia and anaemia and hypersensitivity reactions such as bronchospasm and anaphylaxis have been reported very rarely. **Legal Category:** POM. **Package Quantities and Basic NHS Cost:** FELDENE MELT tablets 20mg, pack of 28, £9.83 (PL 0057/0352). Further information on request. **Pfizer Limited, Sandwich, Kent.**

