Treatment pathway for focal hyperhidrosis in Adults[1]

The manufacturer's summary of product characteristics (SPC) and the most current online edition of the British National Formulary should be consulted for full information on contraindications, warnings, side effects and drug interactions.

HISTORY AND DIAGNOSIS [1,2]

- **Exclude secondary hyperhidrosis**
- **Offer lifestyle advice:**
  - Hyperhidrosis | Health topics A to Z | CKS | NICE
  - Self Help - Hyperhidrosis UK
- **Assess site to determine whether the hyperhidrosis is:**
  - **Local-** axillary, palmar, plantar or craniofacial
  - **General-** complete HDSS score: HDSS.pdf (sweathelp.org) and **treat if >2**

Secondary hyperhidrosis → Refer patient to the appropriate specialist service in secondary care in cases of secondary hyperhidrosis where cause is unknown.
Address cause if known (e.g. hyperthyroidism, menopause, medication, amphetamines)

Primary hyperhidrosis

Generalised hyperhidrosis

Localised Hyperhidrosis

Advise Self- Care Methods: Self Help - Hyperhidrosis UK
- Advise **purchase** of topical strong antiperspirants e.g. Anhydrol Forte (roll on), Odaban (spray/powder/handcream) and Driclor (roll on)
- Provide Patient Information Leaflet **Management of excessive sweating**

Has treatment been successful after 1 month?*

No → Initiate oral anticholinergics as per Table 1

Yes → Continue self-care treatment options

Has treatment been successful after 1 month?*

No

HDSS 1-2: Stop treatment

HDSS3-4: Refer for Iontophoresis *(Link to referral form on DXS)*
- Advise patient that they are able to trial for 30 days
- The patient is required to purchase the Iontophoresis device as it is not available on the NHS (further information is available from Hyperhidrosis UK)
- Provide the Ipswich Hospital Iontophoresis Advice Sheet and Hyperhidrosis UK Patient Information Leaflet

NOTE: No other treatment is routinely available on the NHS in either primary or secondary care following failure of iontophoresis.

Yes

Continue treatment with anticholinergics
- Monitor annually
- Consider anticholinergic burden of the patient

Additional prescribing information

*** Treatment failure can be defined as no change in HDSS score after 1 month of therapy or lack of tolerability for the treatment.**
- **Criteria for successful treatment of hyperhidrosis: reduction in HDSS from 3 or 4 to HDSS 1 or 2.**

Anticholinergic Drug	Initiating and Titrating dose	Maintenance dose	Maximum dose	Cost	Comments
Propantheline bromide [3]	**Not applicable-** start in line with the maintenance dose.	Adult: 15mg in the morning, afternoon and evening, 30mg at night	120mg daily	Between £28 and £45 for 30 days treatment	This is a licensed product for hyperhidrosis. Take 1 hour before meals
Oxybutynin **immediate release** tablets	Week 1: 2.5 mg OD Week 2-4: 2.5mg BD Week 5 onwards: 5mg BD (or maximum tolerated dose)	10mg daily in divided doses.	10mg daily	Between £0.62 and £1.60 for 30 days treatment[4]	**Off-label** but established use in this indication [4] Its use may be limited due to intolerable antimuscarinic side-effects

Table 1 Oral Anticholinergic treatment options for patients with hyperhidrosis:

Reference

1. NHS The East of England Priorities Advisory Committee (EoE PAC) Policy Document: Management of hyperhidrosis version 1. PAC approval date 3rd March 2014. Accessed 19/10/2021
2. NICE Clinical Knowledge Summaries (NICE CKS): Hyperhidrosis. Last revised May 2018. Accessed 19/10/2021 https://cks.nice.org.uk/topics/hyperhidrosis/
3. Summary of product characteristics *Pro-Banthine tablets* Kyowa Kirin LTD. Updated 03/12/2018. Accessed 19.10.2021 https://www.medicines.org.uk/emc/product/229/smpc
4. NICE Evidence Summary *Hyperhidrosis: oxybutynin Evidence Summary [ES 10]* Published 21 March 2017. Accessed 19.10.2021 https://www.nice.org.uk/advice/es10/chapter/Key-points
5. NHS Business Service Authority *Drug Tariff- October 2021* Accessed 19.10.2021 https://www.nhsbsa.nhs.uk/sites/default/files/2021-09/Drug%20Tariff%20October%202021.pdf
6. Wolosker N et al. The use of oxybutynin for treating axillary hyperhidrosis. Ann Vasc Surg. 2011 Nov;25(8):1057-62.
7. Wolosker N et al. An alternative to treat palmar hyperhidrosis: use of oxybutynin.Clin Auton Res. 2011 Dec;21(6):389-93.