

# REFERENCE CHARTS

# Emollients

Dr George Moncrieff, GPSI in dermatology, presents his personal recommendations on emollient choices for eczema and psoriasis

## Key

- **Highly recommended**
- **Recommended**
- **Not recommended**

Five factors should inform a prescriber's decision to recommend an emollient; these have been used to form the basis of the recommendations:

- 1 Patient preference
- 2 Cost
- 3 Ingredients, specifically humectants and agents that prolong the emollient effect on the skin barrier
- 4 Whether in a pump dispenser or not
- 5 Whether licensed by the MHRA as a medicinal product or just licensed as a device

- \*Medical device, not an MHRA-licensed product  
 \*\*Generic licence, not an MHRA licence  
**Cautions:**  
 † All these products contain paraffin and are therefore naturally flammable. Avoid naked flames etc  
 ‡ Patients should be advised not to extract with fingers as this will rapidly contaminate ointment (use a clean spoon or disposable wooden spatula)

## Sophisticated emollients

### 5% urea-containing emollients

Name (cream)	Price/500g	Delivery	Other significant ingredients	Comments
Balneum* ●	£9.97	Pump	Ceramide 0.1%	Only ceramide-containing emollient on NHS tariff. 24-hour transepidermal water loss – defined as the length of time an emollient is effective after application
Imuderm* ●	£6.50	Pump	Glycerine 5%	Very competitively priced, effective moisture-preserving emollient. Natural moisturising factor – constituents of product improve hydration of the stratum corneum

### 10% urea-containing emollients

Aquadrate ●	£21.85	Tube	–	Expensive. Only available as 100g tubes (£4.37/100g)
Calmurid ●	£33.40	Pump	Lactic acid 5%	Very expensive
Eucerin intensive	£15.86	Tube	–	Lotion (not cream). Expensive. Only available as 250ml (£7.93)
Hydromol intensive ●	£21.85	Tube	–	Expensive. Only available as 30g and 100g tubes (£4.37/100g)
Nutraplus ●	£21.85	Tube	–	Expensive. Only available as 100g tubes (£4.37/100g)

### Non-urea-containing emollients with additional properties

Aproderm colloidal ●	£6.47	Pump	Colloidal oatmeal. Also contains olive oil	Contains olive oil. 100% olive oil can damage the skin barrier; any evidence of harm at the very low concentration in this product has not been established. Colloidal oatmeal has anti-inflammatory properties. Relatively new product, so clinical data lacking compared to some others
Aveeno ACBS ●	£7.19	Pump	Colloidal oatmeal	Most popular emollient with patients. Anti-inflammatory properties. Natural moisturising factor – constituents of product improve hydration of the stratum corneum
Doublebase Dayleve ●	£6.29	Pump	Povidone	Transepidermal water loss around 12 hours. Povidone leads to longer transepidermal water loss
Eumocream ●	£18.50	Tube	Glycerol 25%	Expensive. Only available as 30g or 100g
Hydromol	£11.92	Pump	Sodium pyrrolidine carboxylate 2.5%	Sodium pyrrolidine carboxylate is a natural moisturising factor. Very nice emollient, but pricey
Oilatum ●	£5.28	Pump	Povidone and glycerol	Transepidermal water loss around 12 hours. Relatively inexpensive
QV*	£5.86	Pump	Glycerol 10%	

## Simple emollients Creams/gels

Name (cream)	Price/500g	Delivery	Comments
Aproderm*	£5.26	Pump	£4.74/450g
Aquamax* ●	£3.99	Tub	Cream is in a tub
Aquamol*	£6.40	Pump	Contains chlorocresol, which can have a 'chemical' smell
Aqueous cream ●	£4.40	Tub	1% sodium lauryl sulphate. Wash product. Irritant to normal skin
Cetraben*	£5.99	Pump	High concentration of liquid paraffin (10%)
Diprobases ●	£6.32	Pump	Contains chlorocresol
Doublebase gel ●	£5.83	Pump	High concentration of liquid paraffin (15%)
E45	£5.62	Pump	Relatively short barrier protection effect
Enopen* ●	£5.99	Tub	Claims to mimic Cetraben
Epaderm*	£6.95	Pump	Contains chlorocresol
Epimax* ●	£2.49	Squeeze bottle	Adequate as an inexpensive soap substitute
Isomol gel*	£3.99	Squeeze bottle	Claims to mimic Doublebase gel
Lipobase* ●	£14.60	Tube	Not recommended – extremely expensive
QV cream*	£5.92	Pump	
Ultrabase ●	£4.80	Pump	Contains a fragrance (NICE recommends avoidance)
Unguentum M ●	£8.48	Tub	Not recommended as less expensive alternatives exist
ZeroAQS* ●	£3.29	Tub	Claims to mimic Aqueous cream (no SLS). Not recommended as it is cream in a tub. Contains chlorocresol
Zerobase*	£5.26	Pump	Claims to mimic Diprobases cream (less WSP). Also contains chlorocresol
Zerocream*	£4.08	Pump	Claims to mimic E45
Zerodouble gel*	£4.71	Squeeze bottle	Claims to mimic Doublebase gel (glycerine rather than glycerol)
Zeroguent*	£6.99	Pump	Claims to mimic Unguentum M

## Simple emollients Ointments\*\*†‡

Name	Price/500g	Delivery	Comments
Cetraben*	£5.99	Tub	£5.39 per 450g
Diprobases ●	£5.99	Tub	
Emulsifying** ●	£2.12	Tub	Not recommended as contains 3% sodium lauryl sulphate . Irritant to normal skin
Epaderm*	£6.53	Tub	Identical constituents to Hydromol, but softer. Expensive
Fifty:50**	£3.66	Tub	Price varies frequently – often a lot more expensive
Hydromol* ●	£4.89	Tub	Identical constituents to Epaderm
Liquid paraffin/WSP**	£4.57	Tub	Essentially the same as Fifty:50
QV intensive*	£6.34	Tub	£5.71 per 450g. Expensive
Zeroderm*	£4.10	Tub	Claims to be similar to Hydromol/Epaderm (WSP, not YSP)

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This table is based on Dr Moncrieff's personal opinions and not advice from an official body



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