

Products Dietitians can prescribe



New Zealand Dietitians Board

Te Mana Mātanga Mātai Kai

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/> and children https://www.nzfchildren.org.nz/nzf_1 and access Medsafe's Medicines Information pages <https://www.medsafe.govt.nz/medicines/medicine-information.asp>

Dietitians are only approved to prescribe Loperamide and Omeprazole within the *Pharmacy Only* classification conditions specified by Medsafe. This means there are limits with respect to the amount you can prescribe and in what situations. Please refer to the list for the specific conditions.

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

Hydroxocobalamin Panpharma*

VITAMIN B COMPLEX

Tab, strong, BPC

Bplex

FOLIC ACID

Tab 0.8 mg

Tab 5 mg

Folic Acid multichem

Folic Acid Viatris

Vitamin C

ASCORBIC ACID

Tab 100 mg

Cvite

Vitamin D

COLECALCIFEROL

Cap 1.25 mg (50,000 iu)*

*Pharmac funding applies to maximum 12 caps per three months

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

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 SULFATE

Oral liquid 30 mg (6 mg elemental) per 1 ml

Ferro-Liquid

FERROUS FUMARATE

Tab 200 mg (65 mg elemental)

Ferro-tab

Calcium

CALCIUM CARBONATE

Tab 1.25 g (500 mg elemental)

Calci-Tab 500

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

**To be delisted 1 July 2026*

Solution with electrolytes (2 x 500 ml)

Hydralyte – Lemonade*

Pedialyte

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

Cap pancreatin 150 mg

Cap pancreatin 300 mg

Creon Micro

Creon 10000

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 Powder for oral solution	Molaxole Movicol
DOCUSATE SODIUM WITH SENNOSIDES Tab 50 mg with sennosides 8 mg	Solax	POLOXAMER/POLOXAMER 188 Oral drops 10%	Coloxyl
DOCUSATE SODIUM Tab 50 mg Tab 120 mg	Coloxyl 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) Cap 2 mg (up to 20 x 2 mg caps)	Nodia Diamide relief
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*NB: Dietitians are only approved to prescribe Loperamide within the *Pharmacy Only* classification conditions specified by Medsafe as follows:
'in packs containing not more than 20 tablets or capsules; except in divided solid dosage forms for oral use containing 2 milligrams or less of loperamide per dosage form when sold in a pack containing not more than 8 dosage forms approved by the Minister or the Director General for distribution as a general sales medicine for the symptomatic treatment of acute non-specific diarrhoea.'

Phosphate binding agents

ALUMINIUM HYDROXIDE Tab 600 mg	Alu-tab	CALCIUM CARBONATE Tab 1.25 g (500mg elemental)	Calci-Tab 500
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Anti-reflux agents

OMEPRAZOLE*

Cap 10 mg (up to 56 x 10 mg)

Omeprazole actavis 10[^]

Omeprazole Teva[^]

Cap 20 mg (up to 28 x 20 mg)

Omeprazole actavis 20[^]

Omeprazole Teva[^]

[^]if 18yrs or older

*NB: Dietitians are only approved to prescribe Omeprazole within the *Pharmacy Only* classification conditions specified by Medsafe as follows:

'In divided solid dosage forms for oral use containing 20 milligrams or less with a maximum daily dose of 20 milligrams for short-term symptomatic relief of gastric reflux-like symptoms in suffers aged 18 years and over when sold in the manufacturer's original pack containing not more than 28 dosage units.'

Anti-nausea agents

HYOSCINE

Patch 1 mg per 72 hrs

Scopolamine Transdermal System Viatris

Mouth and throat

BENZYDAMINE 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

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 who 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*

* Pharmac funding applies to max. 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

Continuous glucose monitoring devices

Continuous glucose monitors (standalone)

Sensor **Freestyle Libre 2 Plus** (Pharmac funding applies to maximum 6 devices per three months; 28 per year)
Dexcom ONE+ (Pharmac funding applies to maximum 9 devices per three months; 40 per year)

Continuous glucose monitors (interoperable)

Sensor and transmitter **Dexcom G6** (Pharmac funding applies to maximum 1 transmitter device per three months; 5 transmitter devices per year)
Sensor **Dexcom G7** (Pharmac funding applies to maximum 9 devices per three months; 40 per year)
Freestyle Libre 3 Plus (Pharmac funding applies to maximum 6 devices per three months; 28 per year)

Ketone testing

Blood Ketone Diagnostic Test Strip*

* Pharmac funding applies to 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*

* Pharmac funding applies to 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*

* Pharmac funding applies to maximum 200 per three months

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*

*Pharmac funding applies to maximum 200 per three months

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

Insulin pump consumables

Stat dispensing will apply

Insulin pump cartridges

Cartridge 300 u, t:lock x 10

Tandem Cartridge

Insulin pump reservoirs

(Pharmac funding applies to maximum 90 per three months; 360 per year)

10 x 1.6 ml glass reservoir for YpsoPump

10 x 1.8 ml luer lock cartridges for Paradigm pumps

10 x 3.0 ml cartridge for 7 series pump

5 x 3.0 ml cartridge for 7 series pump

mylife YpsoPump Reservoir

ADR Cartridge 1.8 – to be delisted 1 October 2026

MiniMed 3.0 Reservoir MMT-332A – to be delisted 1 October 2026

MiniMed 3.0 Ext Reservoir MDT-MMT-342G – to be delisted 1 October 2026

Insulin pump infusion set (steel cannula)

(Pharmac funding applies to maximum 5 sets per three months; 19 sets per year)

6 mm steel needle; 60 cm tubing x 10

6 mm steel needle; 80 cm tubing x 10

8 mm steel needle; 60 cm tubing x 10

8 mm steel needle; 80 cm tubing x 10

MiniMed Sure-T MMT-864A – to be delisted 1 October 2026

MiniMed Sure-T MMT-866A – to be delisted 1 October 2026

MiniMed Sure-T MMT-874A – to be delisted 1 October 2026

MiniMed Sure-T MMT-876A – to be delisted 1 October 2026

Insulin pump infusion set (steel cannula, straight insertion)

(Pharmac funding applies to maximum 5 sets per three months; 19 sets per year)

6 mm steel cannula; 60 cm line x 10 with 10 needles

6 mm steel cannula; 80 cm line x 10 with 10 needles

8 mm steel cannula; 60 cm line x 10 with 10 needles

8 mm steel cannula; 80 cm line x 10 with 10 needles

5.5 mm steel cannula; 45 cm line x 10 with 10 needles

5.5 mm steel needle; 60 cm line x 10 with 10 needles

5.5 mm steel needle; 80 cm line x 10 with 10 needles

8.5 mm steel needle; 60 cm line x 10 with 10 needles

8.5 mm steel needle; 80 cm line x 10 with 10 needles

TruSteel

TruSteel

TruSteel

TruSteel

mylife Orbit micro

mylife Orbit micro

mylife Orbit micro

mylife Orbit micro

mylife Orbit micro

Insulin pump infusion set (teflon cannula)

(Pharmac funding applies to maximum 5 sets per three months; 19 sets per year)

13 mm teflon needle, 60 cm tubing x 10

17 mm teflon needle, 60 cm tubing x 10

17 mm teflon needle, 110 cm tubing x 10

9 mm teflon needle, 110 cm tubing x 10

9 mm teflon needle, 60 cm tubing x 10

6 mm teflon needle, 110 cm tubing x 10

6 mm teflon needle, 60 cm tubing x 10

MiniMed Silhouette MMT-381A – to be delisted 1 October 2026

MiniMed Silhouette MMT-377A – to be delisted 1 October 2026

MiniMed Silhouette MMT-378A – to be delisted 1 October 2026

MiniMed Quick-Set MMT-396A – to be delisted 1 October 2026

MiniMed Quick-Set MMT-397A – to be delisted 1 October 2026

MiniMed Quick-Set MMT-398A – to be delisted 1 October 2026

MiniMed Quick-Set MMT-399A – to be delisted 1 October 2026

Insulin pump infusion set (teflon cannula, flexible insertion with insertion device)

(Pharmac funding applies to maximum 5 sets per three months; 19 sets per year)

6 mm teflon cannula; 46 cm line x 10 with 10 needles	mylife Inset soft
6 mm teflon cannula; 60 cm line with integrated inserter x 10 with 10 needles	mylife Inset soft
6 mm teflon cannula; 80 cm line x 10 with 10 needles	mylife Inset soft
9 mm Teflon cannula; 60 cm line x 10 with 10 needles	mylife Inset soft
9 mm Teflon cannula; 80 cm line x 10 with 10 needles	mylife Inset soft

Insulin pump infusion set (teflon cannula, angle insertion with insertion device)

(Pharmac funding applies to maximum 5 sets per three months; 19 sets per year)

13 mm teflon cannula; 60 cm line x 10 with 10 needles	AutoSoft 30
13 mm teflon cannula; 110 cm line x 10 with 10 needles	AutoSoft 30
6 mm teflon cannula; 60 cm line x 4 with 4 needles	Med Adv Ext Infusion Set MDT-MMT-431AK – to be delisted 1 October 2026
6 mm teflon cannula; 80 cm line x 4 with 4 needles	Med Adv Ext Infusion Set MDT-MMT-432AK – to be delisted 1 October 2026
9 mm teflon cannula; 60 cm line x 4 with 4 needles	Med Adv Ext Infusion Set MDT-MMT-441AK – to be delisted 1 October 2026
9 mm teflon cannula; 80 cm line x 4 with 4 needles	Med Adv Ext Infusion Set MDT-MMT-442AK – to be delisted 1 October 2026

Insulin pump infusion set (teflon cannula, straight insertion with insertion device)

(Pharmac funding applies to maximum 5 sets per three months; 19 sets per year)

6 mm teflon cannula; 60 cm line x 10 with 10 needles	AutoSoft 90
6 mm teflon cannula; 110 cm line x 10 with 10 needles	AutoSoft 90
9 mm teflon cannula; 60 cm line x 10 with 10 needles	AutoSoft 90
9 mm teflon cannula; 110 cm line x 10 with 10 needles	AutoSoft 90

Insulin pump infusion set (teflon cannula, variable insertion)

(Pharmac funding applies to maximum 5 sets per three months; 19 sets per year)

13 mm teflon cannula; 60 cm line x 10 with 10 needles	Varisoft
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