

Our Reference North East and North Cumbria ICB\
FOI ICB 26–174

North East and North Cumbria ICB
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By Email

17 July 2026

Dear Applicant

Freedom of Information Act 2000 – Request for Information – NHS North East and North Cumbria Integrated Care Board (NENC ICB)

Thank you for your request received on 7 July 2026 for information held by NHS North East and North Cumbria Integrated Care Board (the ICB) under the provisions of the Freedom of Information Act 2000. The ICB covers the areas of County Durham, Newcastle Gateshead, North Cumbria, North Tyneside, Northumberland, South Tyneside, Sunderland, and Tees Valley.

Please find the information you requested on behalf of the ICB as follows.

Your Request

Under the Freedom of Information Act 2000, I would like to request the following information regarding the prescribing and funding of spironolactone for the treatment of hirsutism, including hirsutism associated with polycystic ovary syndrome (PCOS) or PMOS. Please provide:

1. A copy of the ICB's current policy, formulary position, commissioning policy, or prescribing guidance relating to the use of spironolactone for hirsutism.
2. Confirmation of whether spironolactone is routinely funded or supported for patients with hirsutism within the ICB area.
3. If spironolactone is not routinely funded or prescribed for this indication:
 - The clinical and commissioning rationale for this position.
 - Details of any evidence review undertaken.
 - Details of any committee or decision-making body that considered the issue.
4. Information on how the ICB has considered relevant NICE guidance relating to the management of hirsutism and PCOS when determining its position on spironolactone prescribing.
5. The number of Individual Funding Requests (IFRs) received in the last five years relating to spironolactone for hirsutism, and:
 - The number approved.

- The number rejected.
6. Details of any local restrictions, prior approval requirements, or prescribing criteria that apply to the use of spironolactone for hirsutism.
 7. Copies of any equality impact assessments undertaken regarding access to treatment for hirsutism, particularly where the condition disproportionately affects women.

I would prefer to receive the information electronically by email. If any part of this request is exempt from disclosure, please provide the remaining information and explain the basis for any exemption relied upon.

Our Response

1. The formulary position of Spironolactone for hirsutism is non-formulary. All approved indications are described in the [NENC ICB Formulary](#). This is publicly available on the following web address: <https://www.northeastnorthcumbriaformulary.nhs.uk/default.asp>

The Northern Treatment Advisory Group (NTAG) host the NENC ICB guidelines: This is publicly available at the following link: [Guidelines – NTAG](#). Therefore, the ICB considers this element of your request exempt from disclosure by way of s.21 as the information is readily accessible by other means.

2. Spironolactone is not routinely funded or supported for Hirsutism.
3. No formulary application for spironolactone for Hirsutism has come to the NENC formulary working group or NTAG since the NENC formulary was created in July 2022. The ICB has no guidelines that have come via the Guidelines/NTAG for Hirsutism, as per NTAG guidelines: <https://ntag.nhs.uk/guidelines/>
4. NICE guideline consideration relating to the management of hirsutism and PCOS is carried out by NTAG. Please refer to [NTAG website](#). The ICB's position on spironolactone is stated in the NENC ICB Formulary: <https://www.northeastnorthcumbriaformulary.nhs.uk/>
5. NENC ICB received zero IFRs in the last five years relating to spironolactone for hirsutism. For this reason, no such IFRs were approved.
6. Please refer to NENC ICB Formulary and NTAG committee decisions, which are publicly available. [Search Results for “hirsutism” – NTAG](#). There is a formulary application process required to be submitted, which is publicly available at <https://www.northeastnorthcumbriaformulary.nhs.uk/>
7. No equality impact assessments have been undertaken, as no formulary/guideline submission has been made for the use of spironolactone in hirsutism.

In accordance with the Information Commissioner's directive on the disclosure of information under the Freedom of Information Act 2000 your request will form part of our disclosure log. Therefore, a version of our response which will protect your anonymity will be posted on the NHS ICB website <https://northeastnorthcumbria.nhs.uk/>.

If you have any queries or wish to discuss the information supplied, please do not hesitate to contact me on the above telephone number or at the above address.

If you are unhappy with the service you have received in relation to your request and wish to request a review of our decision, you should write to the Information Governance Manager using the contact details at the top of this letter quoting the appropriate reference number.

If you are not content with the outcome your review, you do have the right of complaint to the Information Commissioner as established by section 50 of the Freedom of Information Act 2000.

Generally, the Information Commissioner cannot make a decision unless you have exhausted the ICB's complaints procedure.

The Information Commissioner can be contacted at Information Commissioner's Office, Wycliffe House, Water Lane, Wilmslow, Cheshire, SK9 5AF or www.ico.org.uk.

Any information we provide following your request under the Freedom of Information Act will not confer an automatic right for you to re-use that information, for example to publish it. If you wish to re-use the information that we provide and you do not specify this in your initial application for information then you must make a further request for its re-use as per the Re-Use of Public Sector Information Regulations 2015 www.legislation.gov.uk. This will not affect your initial information request.

Yours faithfully

Information Governance Support Officer

**Information Governance Support Officer
North East and North Cumbria Integrated Care Board**