***NHS***

**PRESCRIBING OF OVER THE COUNTER MEDICINES IS CHANGING**

**PLEASE HELP THE NHS TO USE RESOURCES SENSIBLY**

Your GP, nurse or pharmacist will not generally give a prescription for over the counter medicines for a range of minor health concerns.

Instead, over the counter medicines are available to buy in a pharmacy or supermarket in your local community, even if you qualify for free prescriptions.

The team of health professionals at your local pharmacy can offer help and clinical advice to manage minor health concerns and if your symptoms suggest it’s more serious, they’ll ensure you get the care you need.

This applies to treatments for these conditions:

Acute sore throat

Conjunctivitis

Nappy rash

Cradle cap

Dandruff

Diarrhoea (adults)

Oral thrush

Earwax

Excessive sweating

Haemorrhoids

Head lice

Mild dry skin

Infant colic

Mouth ulcers

Infrequent constipation

Infrequent migraine

Insect bites and stings

Mild acne

Minor burns and scalds

Mild cystitis

Sunburn

Mild irritant dermatitis

Sun protection

Minor pain, discomfort and fever (e.g. aches and sprains, headache, period pain, back pain)

Threadworm

Travel sickness

Warts and verrucae

Prevention of tooth decay

Dye eyes / sore tired eyes

Indigestion and heartburn

Mild to moderate hay fever

Teething / mild toothache

Infrequent cold sore of the lip

Coughs, colds and nasal congestion

Ringworm / athletes foot

GPs, nurses or pharmacists will also generally no longer prescribe probiotics and some vitamins and minerals. You can get these from eating a healthy, varied and balanced diet, or buy them at your pharmacy or supermarket.

**WHY DOES THE NHS NEED TO REDUCE PRESCRIPTIONS FOR OVER THE COUNTER MEDICINES?**

The NHS has been spending around £136 million a year on prescriptions for medicines that can be bought from a pharmacy or supermarket, such as paracetamol. By reducing the amount the NHS spends on over the counter medicines, we can give priority to treatments for people with more serious conditions, such as cancer, diabetes and mental health problems.

Find out more about this change to prescription policy at: nhs.uk/OTCmedicines



**EXCEPTIONS TO THE NEW PRESCRIPTION RULE**

You may still be prescribed a medicine for a condition on the list if:

* You need treatment for a long-term condition, e.g. regular pain relief for chronic arthritis or inflammatory bowel disease.
* You need treatment for more complex forms of minor illness, e.g. migraines that are very bad and where over the counter medicines do not work.
* You need an over the counter medicine to treat a side effect of a prescription medicine or symptom of another illness, e.g. constipation when taking certain painkillers.
* The medicine has a licence which doesn’t allow the product to be sold over the counter to certain groups of patients. This could include babies, children or women who are pregnant or breast-feeding.
* The person prescribing thinks that a patient cannot treat themselves, for example because of mental health problems or severe social vulnerability.

The reasons vary for each condition. You GP, nurse or pharmacist will speak to you if this affects you.

**HOW YOUR LOCAL PHARMACY TEAM CAN HELP YOU**

Your local pharmacy team are qualified healthcare professionals with the knowledge and skills to help with many health concerns. Pharmacists can give you clinical advice, right there and then, and help you choose the most appropriate treatment. If your symptoms suggest it’s more serious, they’ll ensure you get the care you need.

**What can you do?**

Keeping a few useful medicines at home means you can treat common conditions immediately without needing to see a healthcare professional. These could include:

* Painkillers to help with pain, discomfort and fever
* Indigestion medicines, oral rehydration salts and treatments for constipation and

 diarrhoea

* Treatments for seasonal conditions like colds and hay fever
* Sunblock and after sun
* Basic first aid items (for example plasters or antiseptic cream)

If you have children, make sure you also have products suitable for them. Speak to your local pharmacy team about what medicines to keep at home, where to store them safely and how to use them.

**What if my symptoms don’t improve?**

Your local pharmacy team can tell you how long to expect the symptoms of your condition to last.

If they haven’t improved after this time or you start to feel a lot worse, you should:

* Go back to the pharmacy for further advice
* Call NHS111
* Contact your GP

Visit the NHS website (nhs.uk) for information and advice on treating minor health concerns.

You can also search for services near you

**A&E AND 999 SHOULD ONLY BE USED FOR SERIOUS AND LIFE-THREATENING EMERGENCIES**

For advice and support relating to services in Devon, contact the patient advice and complaints team:

* **Telephone:** 01392 674806 or 0300 123 1672
* **Text:** 07789 741099
* **Email:** PALS.Devon@nhs.net
* **Post:** Patient Advice and Complaints Team, NHS NEW Devon CCG and NHS

SDT CCG, FREEPOST EX184, County Hall, Topsham Road, Exeter,

 Devon EX2 4QL