

Advice on minor ailments that can be treated yourself is also available from the Self Care Forum: www.selfcareforum.org from NHS Choices: www.nhs.uk or by phoning 111 (NHS 111).

The Royal Pharmaceutical Society: www.nhs.uk/live-well/healthy-body/your-medicine-cabinet/ and your pharmacy can offer advice on over the counter products that should be kept in a medicine cabinet at home.

To discuss receiving this information in large print or Braille please ring 0800 015 1548.

To discuss receiving this information in other formats please contact:

এই তথ্য অন্য ফর্মাটে পেতে আলোচনার জন্য দয়া করে যোগাযোগ করুন

如需以其他格式接收此信息，请联系

V případě, že potřebujete obdržet tuto informaci v jiném formátu, kontaktujte prosím

আ মাহীলী বীজা ডোরমেটসমাঁ মলোবানী খর্চা করবামাটে ফুপাড়রী সংপর্ক করি

Aby uzyskać te informacje w innych formatach, prosimy o kontakt

По вопросам получения информации в других форматах просим обращаться

Ak si želáte získať túto informáciu v inom formáte, kontaktujte prosím

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NHS

Gloucestershire
Clinical Commissioning Group

Change of prescribing for Over-the-counter medicines



Joined up care and communities

What has changed?

A range of medicines are available to buy over the counter from pharmacies and supermarkets which are no longer routinely prescribed by GP surgeries in Gloucestershire.

These are medicines associated with a number of minor, short-term health conditions, which either get better by themselves or you can easily treat yourself.

The change applies to medicines for a total of 35 conditions.

These include, for example, medicines for coughs, colds, infrequent cold sores of the lip, mild to moderate hayfever, mild cystitis, nappy rash, warts and verrucas, earwax and head lice.

It also applies to a range of vitamins and minerals, unless from medical tests it is clear that the person does not have sufficient natural levels.

For the full list, please see:

www.gloucestershireccg.nhs.uk/otc

Why has this change been made?

The decision in Gloucestershire followed a national consultation and NHS England guidance which recommends this change.

As a commissioner (buyer) of services and treatments, we have a duty to plan and prioritise fairly and use the public money available to achieve the maximum health benefit for the people of Gloucestershire.

The annual prescribing cost for these medicines in Gloucestershire is around £2 million which we think could be put to better use to support more serious health conditions.

Costs to the NHS are often higher than those over the counter when other fees are included such as those for dispensing or medical consultations.

The change will also help to ease some of the pressure on GP surgeries, so doctors and other healthcare professionals can concentrate on patients with more serious or long term conditions.

Are there any exceptions?

There are exceptions to the change, which include:

- Patients prescribed an over-the-counter medicine for a long term or more complex health condition
- Where a clinician (e.g. doctor) considers that a patient's wellbeing could be affected due to health, mental health or significant social vulnerability

A full list of exceptions to the change can be found here:

www.gloucestershireccg.nhs.uk/otc

Will I notice a change?

The vast majority of people will not be affected by this change. However, some patients who have been able to get these medicines on

NHS prescription from their GP surgery, are no longer be able to do so. Instead they need to buy the medicines themselves.

How much do these medicines cost?

The average cost of many of these medicines will be around £2 to £3, for example olive oil ear drops, antifungal skin cream or antihistamine tablets.

The price of these items may vary slightly, but will range from around 35p (for a small pack of paracetamol) to around £5 (for a bottle of branded cough medicine).

Patients are encouraged to discuss the range of medicines available to them with pharmacy staff.

Where can I get further advice?

Community pharmacies continue to play a key role in advising you on minor ailments that can be treated yourself. They are experts on medicines and can signpost to other services if needed. Many pharmacies have extended opening hours, including weekends.

Information on your nearest community pharmacy is available from www.asapglos.nhs.uk or you can download the ASAP Glos NHS App.