

Some common medicines should now be bought over the counter



Great Yarmouth and Waveney,
North Norfolk, South Norfolk,
West Norfolk and Norwich

Clinical Commissioning Groups



Add it
to your
shopping
list

- Norfolk and Waveney NHS spent £5.7m on medications which could have been bought over the counter at a fraction of the price.
- By caring for yourself you help save valuable NHS time and resources which can be spent on life-saving treatments.

Help save the NHS precious £££s,
please don't ask your GP for medicines
which can be bought over the counter.



For further information ask at your local practice or pharmacy for a fact sheet.

 @YourMED_YourNHS #selfcare #askyourpharmacist