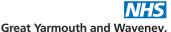
Prescribing of medication available to purchase over the counter in Norfolk and Waveney

Nappy rash creams

Earwax drops

Travel sickness medication

Warts and verruca treatment



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

Clinical Commissioning Groups

The NHS does not support the prescribing of medication that is available to buy over the counter from local pharmacies or supermarkets for minor self limiting conditions.

The medications listed below are examples of medicines that should be purchased by the patient, parent or guardian. This list is not exhaustive:

Moisturising creams, gels, ointments and balms for dry skin with no diagnosis Hay fever remedies e.g. antihistamines, nasal sprays (patients over 18 years) Vitamins and supplements e.g. low dose vitamin D (less than treatment dose), I-Caps, multivitamins Rehydration sachets Anti-diarrhoeal medication for short term diarrhoea (less than 72 hours) and rehydration sachets Lubricating eye drops and chloramphenicol eye drops and eye ointment (patients over 2 years) Paracetamol and ibuprofen for short term use Laxatives for short term use (less than 72 hours) Head lice treatments Threadworm tablets and ringworm treatments Haemorrhoidal preparations e.g. Anusol **Antiperspirants** Cough and cold remedies Medicated shampoos e.g. Alphosyl, Capasal (for dandruff and cradle cap) Mouthwash e.g. Corsodyl Indigestion remedies e.g. Gaviscon, Peptac Cold sore medication Infant colic medication



The reasons for this are as follows:

- Patients can often look after themselves and their children; advice for treating minor conditions can be given by a local pharmacy if needed.
- Patients should keep a small supply of simple treatments in their own medicine cabinet so they are able to manage minor ailments at home. These should be kept secured from young children.
- All these medicines are widely available from supermarkets and pharmacies at reasonable cost and do not need a prescription.
- Many of these treatments are more expensive when prescribed on the NHS
 compared to when they are purchased in pharmacies or supermarkets. For
 example, paracetamol is approximately four times as expensive on prescription.
- The NHS belongs to everybody and the local NHS leadership must ensure that their resources are used in the best possible way for all patients.

Patient queries

Any patient queries should be directed to your local clinical commissioning group, you can find this information on NHS Choices.

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

