



Prescribing of over-the-counter medicines is changing

Your GP won't usually prescribe medicines that can be bought over-the-counter for minor health concerns. You can always get the advice and medicines you need from your local pharmacy without an appointment.

Healthcare professionals at your local pharmacy can offer help and clinical advice to manage minor health concerns. If your symptoms suggest it's more serious they'll ensure you get the care you need.

Find out more at: www.prescriptionchanges.co.uk

Your GP will not generally give you a prescription for certain medicines that are available to buy in a pharmacy or supermarket. This applies to these conditions:

- Acute sore throat
- Conjunctivitis
- Coughs, colds and nasal congestion
- Cradle cap
- Dandruff
- Diarrhoea (adults)
- Dry eyes / sore tired eyes
- Earwax
- Excessive sweating
- Haemorrhoids
- Head lice
- Indigestion and heartburn
- Infant colic
- Infrequent cold sores of the lip
- Infrequent constipation
- Infrequent migraine
- Insect bites and stings
- Mild acne
- Mild cystitis
- Mild dry skin
- Mild irritant dermatitis
- Mild to moderate hay fever
- Minor burns and scalds
- Minor pain, discomfort and fever
- Mouth ulcers
- Nappy rash
- Oral thrush
- Prevention of tooth decay
- Ringworm / athletes foot
- Sun protection
- Sunburn
- Teething / mild toothache
- Threadworms
- Travel sickness
- Warts and verrucae

What if my symptoms don't improve?

Your local pharmacy team can advise how long your symptoms should 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 www.nhs.uk and click on 'services near you' to help you choose the right service.

A&E and 999 should only be used for serious and life-threatening emergencies

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.

Finding more information and support

- Visit www.nhs.uk for information and advice on treating minor health concerns.
- Find out more about this change to prescription policy at: www.nhs.uk/OTCmedicines.

For more information, visit
www.prescriptionchanges.co.uk