



Think twice before asking your GP to prescribe over-the-counter medicines such as for common or short-term ailments.

Shropshire practices spend **£1.3M** on medicines which are easily available to purchase from your local pharmacy or supermarkets.

SHROPSHIRE CCG supports GPs to reduce their prescribing of these products:

- Patients have a responsibility to look after themselves and their children where possible and manage self-limiting minor ailments with support from their 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.
- All of these medicines are widely available from supermarkets, pharmacies and some dispensing GP Practices at reasonable cost.
- Many of these treatments are more expensive when prescribed on the NHS compared to when they are purchased in pharmacies or supermarkets e.g. paracetamol is approximately 4x more expensive on prescription.
- The NHS belongs to everybody and the CCG must ensure that its resources are used in the best possible way for all patients.
- Some pharmacies may be able to provide these items free of charge under the Pharmacy First scheme.

NHS Shropshire CCG does not support the routine prescribing of medication that is available to buy from local pharmacies or supermarkets for children or adults.

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

Creams, Lotions, Drops and Suppositories

- Creams, gels & supports for sprain injuries e.g. Ibuprofen Gel, Voltarol Gel®
- Haemorrhoidal preparations e.g. Anusol®
- Medicated shampooe.g. Alphosyl, Capasal
- Moisturising creams, gels, ointments etc. for dry skin with no diagnosis
- Chloramphenicol (patients ≥2yrs)
- Bath oils & shower gels unless recommended by Specialist
- Simple wart & verrucae treatments e.g. Bazuka®, Duofilm®
- Antifungal preparations e.g. Daktarin®, Canesten®
- Products for Molluscum contagiosum
- Lubricating eye drops
- Head lice lotions e.g. Hedrin®, Derbac-M®

Tablets and Liquids

- Painkillers for minor aches and pains
- e.g. paracetamol, ibuprofen, Calpol®
- Treatments for short-term constipation or diarrhoea e.g. senna, Imodium®, Rehydration sachets e.g. Dioralyte®, Electrolade®
- Indigestion remedies for short-term use e.g. Gaviscon®, Peptac®
- Cough & cold remedies e.g. simple linctus, Tixylis®
- Lozenges, throat sprays, mouthwashes & gargles e.g. Difflam®,
- Corsodyl®, Strepisils®
- Hay fever treatments such as antihistamines, nasal sprays and eye drops (patients ≥18yrs) e.g. Piriton, Beconase®
- Tonics, vitamins including Vitamin D e.g. I-Caps®, multivitamins
- Threadworm treatments e.g. Mebendazole, Ovex® Sinus rinses e.g. Sterimar®
- Lactose free & Comfort Milks e.g. SMA Lactose Free, Wysoy, Aptamil Anti-Reflux