

£5,000

...the amount spent **every day** seeing patients who have minor ailments that could be treated with remedies brought from a pharmacy, supermarket or shop

For more information:



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Changes to the Prescribing of Medicines in Dudley



Thank you for helping your NHS

Dudley CCG has made some changes to the prescribing of medicines that can be bought over the counter for common, short term illnesses or those that have no or low clinical value. Medicines or products with no or low clinical value are those which have no clear health benefit for patients.

The changes mean that your GP will no longer give you a prescription for certain types of medicines or treatments that are readily available 'over the counter' in pharmacies or on the shelves in shops and supermarkets.

The types of medicines and treatments that fall into this category are known as *self care medicines*. These include:

Treatments for minor ailments, including medicines like paracetamol, ibuprofen, head lice lotion and indigestion tablets.



Treatments where there is little evidence that they have a real clinical benefit, including cough syrups, nasal congestion sprays, sore throat products and vitamin supplements.



If you need treatment for a long-term chronic condition or there are legal restrictions on the amount of medicine that you can buy over the counter from a community pharmacy, then your GP will still be able to prescribe it.

A full list of medicines can be viewed at www.dudleyccg.nhs.uk/prescribing



In Dudley the NHS has a fixed amount of money to spend. Once we have spent it on one thing we cannot spend it on another.

With your support to buy self care medicines from your local pharmacy, shop or supermarket, you will be helping your local NHS to save around £2 million per year.



This money can be used to protect other NHS treatments like:

Community Nurses

Treatments for cancer

Treatments for Dementia and Alzheimers

It costs the NHS over £40 to prescribe paracetamol and ibuprofen for short-term minor ailments through a GP consultation.



Cost to you:

25p*

Cost to the NHS:

£40.78*

Ibuprofen tablets 200mg
X 16 tablets



Cost to you:

£6.99*

Cost to the NHS:

£47.82*

Sore throat spray 30ml

* Costs are based on typical over the counter costs vs GP consultations, pharmacy dispensing, dispensing fees, container allowances and drug costs.



When you've got a minor illness you can't treat at home, and it isn't an emergency, so you should go to your local Pharmacy for quick expert advice.

Your local pharmacist is a trained medicine expert who can offer you free, confidential advice and treatment for a wide range of conditions such as fever, bruising, cuts, teething, sprains, sinus pain and nasal congestion.

They can also answer questions about prescribed and over the counter medicines and no appointment is necessary.