GP practices will no longer prescribe OTC medicines for the following conditions:

Minor Conditions

- Dandruff
- Dermatitis
- Dry skin
- Earwax
- Excessive sweating (Hyperhidrosis)
- Hay fever/seasonal rhinitis
- Head lice
- Insect bites and stings
- Mouth ulcers
- Nappy rash
- Ringworm/athletes foot
- Sunburn
- Sun protection
- Teething/mild toothache
- Threadworms
- Travel sickness
- Warts and verrucae
- Minor conditions associated with pain, discomfort and/fever. (e.g. aches and sprains, headaches, period pain, back pain)

Self Limiting Conditions

- Acute sore throat
- Infrequent cold sores on the lip
- Conjunctivitis
- Coughs, colds and nasal congestion
- Cradle cap (Seborrhoeic dermatitis – infants)
- Haemorrhoids
- Infant colic
- Mild cystitis

Items of Limited Clinical Effectiveness

- Probiotics
- Vitamins and minerals

START WELL CHOOSE WELL STAY WELL

NHS
Rotherham
Clinical Commissioning Group

SELF CARE

Change of prescribing for Over The Counter (OTC) medicines

What is changing?

Some medicines, that are available to buy over the counter (OTC) from pharmacies and supermarkets, will no longer be prescribed by GP practices.

These are medicines used to treat minor, short-term health conditions, which you can:

- Easily treat yourself (self-care) or
- Will get better on their own (self-limiting)

This change applies to OTC medicines for the minor conditions listed on the back of this leaflet.

Why are we making this change?

In March 2018 following public consultation NHS England published national guidance on reducing the prescribing of OTC medicines for minor, short-term health conditions.

It costs the NHS much more to prescribe these medicines on a prescription than if they are bought OTC, this is because the NHS has to pay extra fees for the medical consultation(s) and the pharmacy to supply.

The annual prescribing cost for these medicines in Rotherham is over £2 million which could be put to better use supporting more serious and/or long-term health conditions.

We have made the decision to adopt the NHS England guidance in order to make best use of limited NHS resources to achieve the maximum health benefit for the people of Rotherham.

What if I am exempt from paying prescriptions charges?

This guidance applies to all patients, including those who would be exempt from paying prescription charges.

Where can I buy these OTC medicines?

These can be purchased without the need for a prescription from pharmacies, supermarkets and other retail outlets.

How much do these OTC medicines cost?

Just like with other goods, the price of medicines may vary between retailers so it is a good idea to shop around to get the best value.

The average cost of most of these medicines will be around £2 to £3 and some will be a lot cheaper.

Where can I get further advice?

Community pharmacies play a key role in advising patients on minor conditions that you can treat yourself. They are experts on medicines and can signpost to other services if needed.

Most pharmacies have a quiet area, away from other customers, where you can speak to a pharmacist in private. **You don't need an appointment, you can just walk in.** Many pharmacies also have extended opening hours, including evenings and weekends.

To locate your nearest community pharmacy visit the NHS Choices website www.nhs.uk