

Advice on minor ailments that can be treated yourself is also available from the Self Care Forum: [www.selfcareforum.org](http://www.selfcareforum.org) from NHS Choices: [www.nhs.uk](http://www.nhs.uk) or by phoning 111 (NHS 111).

The Royal Pharmaceutical Society: [www.nhs.uk/live-well/healthy-body/your-medicine-cabinet/](http://www.nhs.uk/live-well/healthy-body/your-medicine-cabinet/) and your pharmacy can offer advice on over the counter products that should be kept in a medicine cabinet at home.

To discuss receiving this information in large print or Braille please ring 0800 015 1548.

To discuss receiving this information in other formats please contact:

এই তথ্য অন্য ফর্মাটে পেতে আলোচনার জন্য দয়া করে যোগাযোগ করুন

如需以其他格式接收此信息，请联系

V případě, že potřebujete obdržet tuto informaci v jiném formátu, kontaktujte prosím

আ মাহীলী বীজা ইন্ডেস্ট্রীসে মনোবানী খর্চা করবামাটে কৃপাকরী সংপর্ক করি

Aby uzyskać te informacje w innych formatach, prosimy o kontakt

По вопросам получения информации в других форматах просим обращаться

Ak si želáte získať túto informáciu v inom formáte, kontaktujte prosím

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**NHS**

**Gloucestershire**  
Clinical Commissioning Group

# Change of prescribing for Over the Counter medicines



**From  
31 May  
2018**

*Joined up* care and communities

## What is changing?

From 31 May 2018, a range of medicines that are available to buy over the counter from pharmacies and supermarkets will no longer be routinely prescribed by GP surgeries.

These are medicines associated with a number of minor, short term health conditions, which either get better by themselves or you can easily treat yourself.

The change applies to medicines for a total of 35 conditions.

This includes, for example, medicines for coughs, colds, infrequent cold sores of the lip, mild to moderate hayfever, mild cystitis, nappy rash, warts and verrucas, earwax and head lice.

It also applies to a range of vitamins and minerals, unless from medical tests it is clear that the person does not have sufficient natural levels.

For the full list, please see:

[www.gloucestershireccg.nhs.uk/otc](http://www.gloucestershireccg.nhs.uk/otc)

## Why are we making this change?

The decision in Gloucestershire follows a national consultation and NHS England guidance which recommends this change.

As a commissioner (buyer) of services and treatments, we have a duty to plan and prioritise fairly and use the public money available to achieve the maximum health benefit for the people of Gloucestershire.

The annual prescribing cost for these medicines in Gloucestershire is around £2 million which we think could be put to better use to support more serious health conditions.

Costs to the NHS are often higher than those over the counter when other fees are included such as those for dispensing or medical consultations.

The change will also help to ease some of the pressure on GP surgeries, so doctors and other healthcare professionals can concentrate on patients with more serious or long term conditions.

## Will there be any exceptions?

There are exceptions to the change, which include:

- Patients prescribed an over the counter medicine for a long term or more complex health condition or;
- Where a clinician (e.g. doctor) considers that a patient's wellbeing could be affected due to health, mental health or significant social vulnerability.

A full list of exceptions to the change can be found here:

[www.gloucestershireccg.nhs.uk/otc](http://www.gloucestershireccg.nhs.uk/otc)

## Will I notice a change?

For the vast majority of people in the county, the decision will not result in any change, but for some patients, who are currently able to get these medicines on NHS prescription from

their GP surgery, they will no longer be able to do so. Instead they will need to buy the medicines themselves.

## How much do these medicines cost?

The average cost of many of these medicines will be around £2 to £3 – for example olive oil ear drops, antifungal skin cream or antihistamine tablets.

The price of these items may vary slightly, but will range from around 35p (for a small pack of paracetamol) to around £5 (for a bottle of branded cough medicine).

Patients are encouraged to discuss the range of medicines available to them with pharmacy staff.

## Where can I get further advice?

Community pharmacies will continue to play a key role in advising you on minor ailments that can be treated yourself. They are experts on medicines and can signpost to other services if needed. Many pharmacies have extended opening hours, including weekends.

Information on your nearest community pharmacy is available from [www.asapglos.nhs.uk](http://www.asapglos.nhs.uk) or you can download the ASAP Glos NHS App.