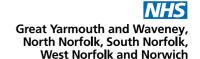
Prescribing of medication available to purchase over the counter in Norfolk.

Cough and cold remedies

Mouthwash e.g. Corsodyl

Medicated shampoos e.g. Alphosyl, Capasal

Indigestion remedies e.g. Gaviscon, Peptac



Clinical Commissioning Groups

Great Yarmouth and Waveney, North Norfolk, South Norfolk, West Norfolk and Norwich clinical Commissioning Group do not support the prescribing of medication that is available to buy over the counter from local pharmacies or supermarkets for children or adults with common illnesses or minor ailments that they could treat themselves at home.

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

Moisturising creams, gels, ointments and balms for dry skin with no diagnosis Hay fever remedies e.g. antihistamines, nasal sprays (patients over 18 years) Bath oils and shower gels Vitamins and supplements e.g. low dose vitamin D (less than treatment dose), I-Caps, multivitamins Anti-inflammatory gels e.g. ibuprofen gel Rehydration sachets Anti-diarrhoeal medication for short term diarrhoea (less than 72 hours) Lubricating eye drops and chloramphenicol eye drops and eye ointment (patients over 2 years) Paracetamol and ibuprofen for short term use Laxatives for short term use (less than 72 hours) Nasal douches e.g. Sterimar Antifungal preparations e.g. Canesten Head lice treatments Threadworm tablets Haemorrhoidal preparations e.g. Anusol self care to help Antiperspirants



The reasons for this are as follows:

- Patients can often look after themselves and their children; advice for treating minor conditions can be given by a 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. These should be kept secured from young children.
- All these medicines are widely available from supermarkets and pharmacies at reasonable cost and do not need a prescription.
- Many of these treatments are more expensive when prescribed on the NHS
 compared to when they are purchased in pharmacies or supermarkets. For
 example, paracetamol is approximately four times as expensive on prescription.
- The NHS belongs to everybody and the CCGs must ensure that their resources are used in the best possible way for all patients.

Patient queries

Any patient queries should be directed to the Great Yarmouth and Waveney CCG PALS by telephone on 01502 719 567 or by email on GYWCCG.PALS@nhs.net

Help save the NHS precious fffs, please don't ask your GP for medicines which can be bought over the counter.

