



POSITION STATEMENT – AUGUST 2018

Prescribing of medicines available to purchase over the counter in Eastbourne, Hailsham and Seaford CCG and Hastings and Rother CCG

With many common conditions you can care for yourself using medicines bought over the counter at your local pharmacy.

Following a public consultation in early 2018, NHS England issued national guidance which stated that NHS spending on minor conditions should be reduced to empower people to self-care and to ensure our limited resources are used in the best possible way. The guidance is intended to reduce demand on GP practices and help to ensure the long-term sustainability of the NHS.

Every year in East Sussex we spend more than £18 million prescribing medicines and products that are easily available to buy over the counter. A pack of painkillers costs around 30p from a pharmacy, whereas the cost to the NHS is more than £35 when all costs are included.

We do not support the prescribing of medicines that are available to buy from your local pharmacy. This applies to both children and adults. There are some exceptions; for example where the medicine is to treat a long term condition or for vulnerable people considered unable to self-care.

Medicines for the following conditions will not be prescribed by your GP. Your local pharmacy can provide advice and medicines for these conditions and more:

- Coughs and colds
- Dry skin
- Spots and acne
- Insect bites and stings
- Indigestion and Heartburn
- Constipation
- Diarrhoea (adults)
- Cold sores
- Conjunctivitis
- Cradle Cap
- Infant Colic
- Mild irritant Dermatitis
- Excessive sweating (Hyperhidrosis)
- Infrequent Migraine
- Minor burns and scalds
- Nappy rash
- Ringworm and Athletes foot
- Threadworms
- Hay fever
- Dry eyes
- Verrucas and warts
- Ear wax
- Headaches
- Period pain
- Back pain
- Head lice
- Acute sore throat
- Haemorrhoids
- Mild Cystitis
- Dandruff
- Infrequent constipation
- Sunburn
- Mouth ulcers
- Oral thrush
- Teething and mild toothache
- Travel sickness

#HelpMyNHS by being more self-care aware.