



# Prescribing of medication available to purchase over the counter in Norfolk and Waveney



Great Yarmouth and Waveney,  
North Norfolk, South Norfolk,  
West Norfolk and Norwich  
Clinical Commissioning Groups

NHS Great Yarmouth and Waveney, North Norfolk, South Norfolk, West Norfolk and Norwich Clinical Commissioning Groups (CCGs) 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:

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Moisturising creams, gels, ointments and balms for dry skin with no diagnosis

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Hay fever remedies e.g. antihistamines, nasal sprays (patients over 18 years)

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Bath oils and shower gels

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Vitamins and supplements e.g. low dose vitamin D (less than treatment dose), I-Caps, multivitamins

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Anti-inflammatory gels e.g. ibuprofen gel

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Rehydration sachets

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Anti-diarrhoeal medication for short term diarrhoea (less than 72 hours)

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Lubricating eye drops and chloramphenicol eye drops and eye ointment (patients over 2 years)

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Paracetamol and ibuprofen for short term use

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Laxatives for short term use (less than 72 hours)

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Nasal douches e.g. Sterimar

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Antifungal preparations e.g. Canesten for vaginal thrush

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Head lice treatments

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Threadworm tablets

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Haemorrhoidal preparations e.g. Anusol

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Antiperspirants

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Cough and cold remedies

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Medicated shampoos e.g. Alphosyl, Capasal

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Mouthwash e.g. Corsodyl

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Indigestion remedies e.g. Gaviscon, Peptac

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Self care to help  
save the NHS  
precious  
££££s





### 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 your local clinical commissioning group, you can find this information on NHS Choices.

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

#selfcare #askyourpharmacist

