

Medicines for Self-Care

Somerset Clinical Commissioning Group has made the following medicines of limited clinical value or for minor or self-limiting conditions **NON FORMULARY**.

Your GP practice has been advised to no longer prescribe these medicines.

You may seek healthcare advice from your community Pharmacy or practice, which may include a recommendation for you to self-care by purchasing your own medicines.

These medicines include:

- Hay fever preparations
- Pain killers for minor aches and pains
- Soluble pain killers **(because of high salt content)**
- Cough and cold remedies
- Nasal decongestants (and Sterimar)
- Tonic, vitamin, and health supplements eg vitamin D
- Treatments for non-serious constipation or diarrhoea
- Ear wax removers **(a few drops of olive oil is just as good as anything on prescription)**
- Threadworm tablets
- Lozenges, throat sprays, mouthwashes, gargles and toothpastes
- Indigestion remedies tablets and liquids **for occasional use**
- Slimming preparations **(except within national guidelines)**
- Creams, gels, oils and dressings for **minor** sprains, sports injuries and scars
- Creams for bruising, tattoos, varicose veins and scars
- Moisturisers, suncreams and bath additives for **minor** skin conditions
- Nappy rash / barrier creams
- Treatments for minor facial spots
- Hair removing creams
- Athletes' foot creams and powders
- Topical treatments for vaginal thrush
- Treatments for fungal skin, nail infections and dandruff
- Verruca and wart treatments
- Foods and toilet preparations **except where clinically indicated.**
- Homeopathic remedies
- Head lice lotions and shampoos **(wet combing is recommended)**
- Antiperspirants

Why? This decision has been taken because:

- In Somerset we are working to ensure patients feel more empowered and informed to manage their own health.
- Somerset spent **almost £5 million** last year on these medicines which is no longer affordable.
- All of these products, are the same strength that the GP had been prescribing, and are readily available along with advice from pharmacies, as well as some shops and supermarkets (which are often open until late)
- Some of them do not actually work very well, e.g. cough syrups
- This money could be better spent on more serious conditions such as cancer, heart disease and mental health.
- Funding is needed to continue prescribing for chronic long term conditions such as arthritis, diabetes, asthma and more severe eczema

For more information from the National Health Service on conditions, treatments, local services and healthy living please visit the NHS Choices website:

www.nhs.uk/Pages/HomePage.aspx

<http://www.selfcareforum.org/>

Help us make more of your local NHS Don't stockpile or waste medicines

Don't over order repeat medicines