

## 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:

- Pain killers for minor aches and pains including Soluble pain killers (**high salt content**)
- Hay fever preparations and Nasal decongestants (and Sterimar)
- Cough and cold remedies
- 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**)
- Treatments for minor facial spots
- Threadworm tablets
- Lozenges, throat sprays, mouthwashes, gargles and toothpastes
- Slimming preparations (**except within national guidelines**)
- Creams, gels, oils and dressings for **minor** sprains, sports injuries and scars
- Indigestion remedies **for occasional use**
- Creams for bruising, tattoos, varicose veins and scars and hair removal creams
- Nappy rash barrier creams and Antiperspirants
- Head lice lotions and shampoos (**wet combing is recommended**)
- Topical treatments for vaginal thrush and athletes foot
- Treatments for fungal skin, nail infections and dandruff
- Moisturisers, bath additives and sun creams for **minor** skin conditions
- Foods and toilet preparations **except where clinically indicated** e.g. cakes, mixes & biscuits; ready-made thickened juices; soya milks Homeopathic remedies Travel medicines

### 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.
- 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
- In Somerset we spent **almost £5million** last year on these medicines. This money could be better spent on treating more serious conditions such as cancer, heart disease and mental health

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

: [www.nhs.uk/Pages/HomePage.aspx](http://www.nhs.uk/Pages/HomePage.aspx)