

## **Position statement on prescribing for hayfever**

Following the local Spending NHS Money Wisely public consultation, the Governing Bodies of the BHR CCGs met in common on 14th December 2017 to agree changes to prescribing across Barking and Dagenham, Havering and Redbridge.

**From 8th January 2018**  
**Barking and Dagenham, Havering and Redbridge Clinical  
Commissioning Groups (BHR CCGs) no longer supports the  
prescribing of OTC drugs used to treat mild to moderate hayfever**

### **Decision**

- The decision to stop prescribing over the counter (OTC) medicines used to treat mild to moderate hayfever applies to ALL patients across Barking and Dagenham, Havering and Redbridge, where the below listed exceptions do not apply
- These products include OTC tablets, nose sprays/drops and eye drops used for treating the symptoms of hayfever

### **Exceptions**

BHR CCGs have agreed exceptions to this recommendation, where they accept that prescribing should continue. Prescriptions may be considered in the following circumstances:

- Allergic symptoms are severe and do not respond to various combinations of OTC medication in combination with measures to reduce exposure to pollen, despite 3 months of use
- OTC medication to manage hayfever symptoms are contra-indicated for the patient
- Patients with perennial symptoms which require treatment throughout the year
- An OTC corticosteroid nasal spray has been used for longer than 3 months

### **This decision was made because:**

- BHR CCGs believe treatments for OTC medications to treat mild or moderate hayfever should be bought from a supermarket or pharmacy. These medicines can often be purchased cheaper than the NHS would pay via a prescription
- Pharmacists can offer advice on how to manage hayfever and other allergic symptoms, when to seek medical advice, and what to take if you are on other medication
- GPs still have the ability to prescribe for patients when the exceptions apply
- BHR CCGs have a duty to spend taxpayer's money wisely, to make sure they get the best value possible – especially when NHS funding is being severely squeezed and more patients are being seen with more complex health issues than ever before