

Changes to prescribing

The local NHS is calling for patients to find out more about changes to prescribing and to provide their views on the changes before they take place.

From October, GPs will be encouraged to reduce the number of prescriptions they provide for medicines and treatments that are already available to buy in a pharmacy or supermarket.

This means that GPs, nurses and pharmacists will not routinely prescribe certain medicines for some minor health concerns, including coughs, colds and hay fever.

Patients can ensure that their views are heard and that they are prepared for the changes before they are introduced by taking part in a survey. More information, including a full list of the conditions involved, can be found online and should be read before completing the survey.

Patients should familiarise themselves with the changes so that they know what to do and expect if they suffer from minor conditions which can be treated at home by taking medicines that are available to buy from pharmacies and supermarkets.

By keeping a few useful medicines at home, common conditions such as sore throats and headaches can be treated immediately. Families with children should also keep medicines suitable for them.

Local pharmacists can provide general advice on what medicines to keep at home, where to store them safely and how to use them.

The changes follow national recommendations from NHS England to encourage people to self-care and to reduce the amount of money the NHS spends on medicines available to buy for a cheaper cost over the counter.



In Leicester, Leicestershire and Rutland, the NHS spent £4.1m last year on prescriptions for medicines that can be bought from a pharmacy or supermarket.

By saving money on items which are readily available, the NHS can prioritise treatments for people with more serious conditions, such as cancer, diabetes and mental health problems.

People with long-term health conditions or more complex illnesses and patients on treatments only available on prescription will not be affected by the changes. The changes will also not apply to those who have found that over the counter products haven't helped and patients who are unable to treat themselves.

What to do next

Visit our website for a full list of conditions that will be affected by the changes:

eastleicestershireandrutlandccg.nhs.uk

Share your views by completing the survey before Sunday 9 September 2018. Paper copies are available or you can complete it online: [surveymonkey.com/r/](https://surveymonkey.com/r/ELRprescribing18)

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If you need this information in another language or format you can email us at enquiries@eastleicestershireandrutlandccg.nhs.uk or call us on 0116 295 3405.