

Not all medicines should be supplied on NHS prescription!

You have received this leaflet as you have requested a prescription for something that is either available “over the counter” (OTC) from a pharmacy or supermarket or which has very little clinical evidence showing that they are safe or effective.

Many OTC medicines are cheaper to buy than a prescription charge. However many people who do not have to pay for their prescriptions will ask for a prescription for these items rather than buying them. We understand why families on a tight budget would want to do this. Unfortunately the NHS also has a budget and cannot afford to continue to supply these medications although some of the items may be available through local pharmacy minor ailments service (MK Pharmacy First) for patients who do not pay prescription charges.

The recommendation to avoid prescribing these items and direct patients to Self-Care wherever possible has the full backing of the Clinical Commissioning Group (CCG) and applies to all GP surgeries in Milton Keynes. Many other areas of the country have similar policies too.

We are sorry but we cannot prescribe the medication requested.

Self Care Medicines listed by BNF Chapter

Gastrointestinal	
Treatments for mild constipation	Treatments for diarrhoea (unless chronic)
Acidophilus	Items for simple indigestion
Products for dry mouth (unless post radiotherapy or sicca syndrome)	
Respiratory including allergies	
Hay fever preparations	Nasal decongestants
Cough and cold remedies	
Central nervous system	
Paracetamol (except in chronic pain / arthritis)	Migraleve and other OTC products for migraine
Musculo-skeletal	
Glucosamine +/- Chondroitin	Creams / gels for sprains / sports injuries / bruising
Tubular support bandages for sprains / sports injuries	Cortaflex®

Products for the Skin	
Treatments for mild acne	Barrier Cream for nappy rash
Head Lice lotions and shampoo	Antiperspirants
Treatment for fungal nail infections	Products for scabies
Moisturisers and bath additives (unless for treating eczema)	Treatments for warts and verrucas
Bio oil	Lansinoh
Suncream unless for ACBS conditions	Flexitol products
Cosmetic products that are not licensed meds	Antiseptics
Vitamins, herbal preparations	
St John's Wort	Homeopathic remedies
Fish oil supplements	CoEnzyme Q10
Vitamin preparations for Age-related Macular Degeneration as set out in AREDS and AREDS2 studies including but not limited to: ICaps [®] , OcuVite Preservision [®] , Viteyes [®]	Riboflavin
Vitamin, mineral and herbal preparations	Tonics and Vitamins (except in premature babies to age 1)
Black cohosh	Gamolenic acid
Miscellaneous	
Treatments for ear wax	Vaginal lubricants
Soluble / liquid versions of medicines (unless swallowing problems)	
Foods	
Gluten free foods	Food supplements / sip feeds unless fully assessed by the doctor and unable to eat sufficient calories from food.

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