

## Why does the NHS want to reduce prescribing of over the counter medicines?

The NHS in Dorset wants each medicine prescribed to offer the best opportunity for improved health and wellbeing. For the most part, prescribing of over the counter medicines does not achieve this.

The NHS has been spending around £136 million a year on prescriptions for medicines that can be bought from a pharmacy or supermarket (£5 million a year in Dorset).

By reducing the amount the NHS spends on over the counter medicines we can give priority to treatments for people with more serious conditions, such as cancer, diabetes and mental health problems.

### What can you do to help?

Keeping a few useful medicines at home means you can treat common conditions immediately without needing to see a healthcare professional. **These could include painkillers, indigestion medicines, and a basic first aid kit.**



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### What if my symptoms don't improve?

Your local pharmacy team can tell you how long to expect the symptoms of your condition to last.

**If they haven't improved after this time or you start to feel a lot worse, you should:**

- go back to the pharmacy for further advice
- use 111 online or call 111
- contact your GP.



If you have any questions or concerns please contact NHS Dorset using the customer care email:

[customer.care@nhsdorset.nhs.uk](mailto:customer.care@nhsdorset.nhs.uk)



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### Prescriptions for 35 minor conditions are no longer available in Dorset.

This allows healthcare professionals to focus on caring for people with a more urgent need.

The NHS in Dorset wants people to have the confidence to look after themselves where they can.

This gives people greater control of their health without the need to visit their GP for minor conditions.

Visit our website for more information:

[nhsdorset.nhs.uk/helptri](https://nhsdorset.nhs.uk/helptri)



For a range of minor health concerns, your GP nurse or pharmacist will not generally prescribe over the counter medicines, even if you qualify for free prescriptions. Instead, over the counter medicines are available to buy in a pharmacy or supermarket in your local community.

This applies to treatments for these conditions:

<b>Acute sore throat</b>	<b>Conjunctivitis</b>	<b>Indigestion and heartburn</b>
<b>Cradle cap</b>	<b>Dandruff</b>	
<b>Dry eyes / sore tired eyes</b>	<b>Earwax</b>	<b>Travel sickness</b>
<b>Haemorrhoids</b>	<b>Head lice</b>	<b>Infrequent constipation</b>
<b>Infant colic</b>	<b>Mild hay fever</b>	<b>Coughs, colds and nasal congestion</b>
<b>Infrequent migraine</b>	<b>Nappy rash</b>	
<b>Minor burns and scalds</b>	<b>Insect bites</b>	<b>Diarrhoea (adults)</b>
<b>Mild irritant dermatitis</b>	<b>Mild cystitis</b>	<b>Excessive sweating</b>
<b>Mouth ulcers</b>	<b>Infrequent cold sores of the lip</b>	<b>Mild acne</b>
<b>Oral thrush</b>		<b>Mild dry skin</b>
<b>Sunburn</b>	<b>Prevention of tooth decay</b>	<b>Minor pain, discomfort and fever</b> (eg aches and sprains, headache, period pain, back pain)
<b>Ringworm / athlete's foot</b>	<b>Sun protection</b>	
<b>Threadworms</b>	<b>Teething / mild toothache</b>	<b>Warts and verrucae</b>

## How your local pharmacy team can help you.

Your local pharmacy team are qualified healthcare professionals with the knowledge and skills to help with many health concerns.

Pharmacists can give clinical advice, right there and then, and help you choose the most appropriate treatment.

If your symptoms suggest it's more serious, they'll ensure you get the care you need.

Additionally, community pharmacies can now supply NHS medicines to treat seven common health conditions via the Pharmacy First service, which covers:

- Earache (1-17 years)
- Impetigo (1 year and over)
- Infected insect bite (1 year and over)
- Shingles (18 years and over)
- Sinusitis (12 years and over)
- Sore throat (5 years and over)
- Uncomplicated urinary tract infections in women (16-64 years)



Please note normal prescription charges will apply for prescription only medicines.