

The sorts of medicines people will be asked to buy are for treating conditions such as headaches, cold and flu symptoms, indigestion, head lice, travel sickness, hay fever, diarrhoea, insect bites and stings. They can be purchased at a low cost from pharmacies and supermarkets.

Rather than ask their GP for a prescription, patients will be asked to purchase them over the counter at the local pharmacy or supermarket. Most patients do this already.

For more information:
visit our website
at westleicestershireccg.nhs.uk
or visit nhs.uk and search on
Medicines Information.

We are asking patients to purchase medicines over the counter at their local pharmacy for short-term minor conditions, rather than asking their GPs to supply them on prescription.



After talking to patients about over the counter medicines for minor conditions and understanding their experiences of accessing them, NHS West Leicestershire Clinical Commissioning Group, the organisation who buys health services in West Leicestershire, is asking GPs to no longer supply medicines on prescription for the short-term treatment of minor ailments. This includes: low dose vitamin D supplements for prevention of deficiency and some specialised infant formulas.

Community Pharmacists are best placed to help and advise people about suitable treatments for minor conditions. They are a great source of information, advice and guidance and people can buy medicines cheaply and easily for minor conditions. The pharmacist will check the medicine is appropriate for you and your health problem. They will ask questions to ensure there is no reason why you should not use the medicine.

We think asking people to self-care is a fair way of utilising resources and will help to free up valuable GP and nurse time, which can be used to deal with patients with more complex or serious health needs

However, if you are worried or your symptoms get worse or persist you can still make an appointment to see your GP.

