

Stopping doctors prescribing medicines you can buy yourself



Every year the NHS spends a lot of money



on prescriptions giving out medicines



that you can buy yourself without a prescription from a doctor or nurse.



For example, pain killers like paracetamol.



Senior managers in NHS England,



spoke to lots of people



about whether they were happy to buy medicines themselves



for some mild illnesses



instead of going to the doctor or nurse.



This would save the NHS money



and give doctors and nurses more time.



After NHS England had finished talking to people

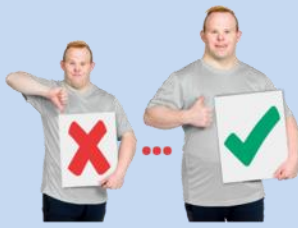


they created new rules to stop doctors giving prescriptions for medicines for 33 mild illnesses.

They would only stop giving prescriptions for medicines when:



- the medicines don't make you better



- the medicines are for illnesses that will get better by themselves



- you can easily buy the medicines from a chemist, supermarket or shop.



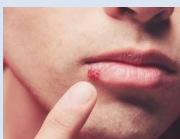
This means that doctors won't give you medicines for 36 illnesses.

Here are the 36 illnesses:



1. Doctors won't give you probiotics for tummy health.

They don't do very much.



2. Doctors won't give you cold sore cream or gel.

It goes away on its own.



3. Doctors won't give you vitamins and minerals.

They don't do very much.



4. Doctors won't give you medicines for a sore throat.

It will get better on its own.



5. Doctors won't give you medicines for red and runny eyes.

They will get better on their own.



6. Doctors and opticians won't give you medicines for dry or tired eyes.

There are ways to help yourself and you can get help from a chemist.



7. Doctors won't give you medicines for coughs and colds.

They get better on their own.



8. Doctors won't give babies medicines for cradle cap in babies.

It gets better on its own.



9. Doctors won't give you medicines for colic in babies and children.

It gets better on its own.



10. Doctors won't give you creams for nappy rash.

Lots of places sell creams for nappy rash.



11. Doctors won't give you medicines for small haemorrhoids that don't last for very long. They mostly get better on their own, but see a doctor if they don't get better.



12. Doctors won't give you shampoos for dandruff. Lots of places sell dandruff shampoo.



13. Doctors won't give adults medicines for diarrhoea that lasts for 1 or 2 days. It mostly gets better on its own, but see a doctor if it doesn't get better.



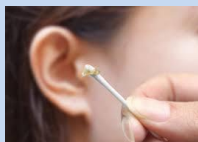
14. Doctors won't give you medicines for mild pain when you wee (cystitis). It mostly gets better on its own, but see a doctor if it doesn't get better.



15. Doctors won't give you medicines for rashes from touching things. Lots of places sell rash cream.



16. Doctors won't give you creams for dry skin. Lots of places sell moisturising cream.



17. Doctors won't give you medicines for earwax. There are ways to help yourself and you can get help from a chemist.



18. Doctors won't give you medicines to stop too much sweating. There are ways to help yourself and you can get help from a chemist.



19. Doctors won't give you shampoos for head lice.

Lots of places sell combs and shampoos for head lice.



20. Doctors won't give you medicines for indigestion that only lasts for 1 or 2 days (indigestion is when you feel bloated, have heartburn and feel sick).

Lots of places sell medicine for indigestion.



21. Doctors won't give you medicines to help you when you can't poo for more than 2 or 3 days

It mostly gets better on its own, but see a doctor if it doesn't get better.



22. Doctors won't give you medicines for a one off bad headache.

Lots of places sell medicine for headaches and it will go away by itself.



23. Doctors won't give you medicines for bug bites and stings.

Lots of places sell medicine for bites and stings.



24. Doctors won't give you medicines for hayfever.

Lots of places sell medicine for hayfever.



25. Doctors won't give you medicines for very small burns or hot water scalds.

If it is a big or serious scald or burn, see a doctor.



26. Doctors won't give you medicines for short illnesses that give you pain.

Lots of places sell medicine to help with pain.



27. Doctors won't give you medicines for mouth ulcers.

Lots of places sell gel or creams for mouth ulcers.



28. Doctors won't give you medicines for thrush in the mouth (white patches that bleed inside the mouth).

A chemist can sell you a gel and tell you what to do.



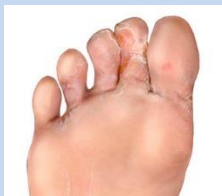
29. Doctors and dentists won't give you medicines for holes in your teeth.

You need to go to the dentist to get the tooth fixed and lots of places sell medicines to help with the pain.



30. Doctors and dentists won't give you medicines for toothache.

You need to go the dentist with toothache.



31. Doctors won't give you medicines for ringworm, athlete's foot and toenail infections.

A chemist can sell you a cream or spray that will help and tell you what to do.



32. Doctors won't give you medicines for threadworms.

A chemist can sell you a medicine and tell you what to do.



33. Doctors won't give you medicines for travel sickness.

A chemist can sell you a medicine and tell you what to do.



34. Doctors won't give you sun cream or sunburn cream.

Lots of places sell these creams.



35. Doctors won't give you medicines for warts and verruca.

Lots of places sell medicine and they will go away by themselves.



36. Doctors won't give you medicines for spots.

A chemist can sell you a medicine and tell you what to do.



The chemists' minor ailments scheme might stop because of the rules.

The scheme gives free medicines to some people.



Doctors, nurses and chemists in Stockport will soon be following these new rules.



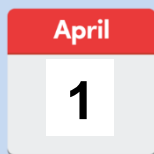
We want to know what you think of the new rules.



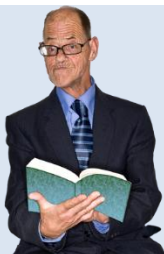
Please help us and answer some questions.



Click this link to answer the questions online:
<https://stockport-haveyoursay.citizenspace.com/consultation-and-engagement/otc/>



You can answer the questions until 1 April 2019.



After the 1 April, we will look at the answers.



We will produce a report to explain what people have told us.

If you want to get a copy of the report let us know.



If you want to speak to someone about this please let us know:



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