

## Poplar Grove Policy to not to prescribe Over-the-Counter Medications



Poplar Grove Practice will not provide prescriptions for over-the-counter medicines for a range of minor health concerns.

The NHS has been spending around £136 million a year on prescriptions for medicines that can be bought from a pharmacy or supermarket, such as paracetamol.

NHS England recommends that over-the-counter medication for 35 minor conditions should not be prescribed in primary care.

### This applies to treatment for these conditions:

Acute sore throat	Infrequent cold sores of the lip	Conjunctivitis	Infant colic
Coughs/colds/nasal congestion	Cradle cap (infants)	Haemorrhoids	Mild cystitis
Mild irritant dermatitis	Dandruff	Diarrhoea (adults)	Dry/sore/tired eyes
Earwax	Excessive sweating (hyperhidrosis)	Head lice	Indigestion and heartburn
Infrequent constipation	Infrequent migraine	Insect bites and stings	Mild acne
Mild dry skin	Sunburn	Sun protection	Mild to moderate hay fever

**This applies to treatment for these conditions:**

Minor burns and scalds	Minor conditions associated with pain, discomfort and/or fever	Mouth ulcers	Nappy rash
Oral thrush	Prevention of dental caries	Ringworm/athletes foot	Teething/mild toothache
Threadworms	Travel sickness	Warts and verrucae	Probiotics, vitamins and minerals

**Exceptions to this policy:**

You **may** still be prescribed a medicine for a condition on the list if:

- You need treatment for a long-term condition, e.g. regular pain relief for chronic arthritis or inflammatory bowel disease.
- You need treatment for more complex forms of minor illnesses, e.g. migraines that are very bad and where over the counter medicines do not work.
- You need an over-the-counter medicine to treat a side effect of a prescription medicine or symptom of another illness, e.g. constipation when taking certain painkillers.
- The medicine has a licence which doesn't allow the product to be sold over the counter to certain groups of patients. This could include babies, children or women who are pregnant or breast-feeding.
- The person prescribing thinks that a patient cannot treat themselves, for example because of mental health problems or severe social vulnerability.

**Our GPs will continue to treat patients according to their individual needs which *may* include issuing prescriptions when self-care is inappropriate. The GPs decision to either prescribe or not prescribe an OTC medication is final and binding.**