

# Changes to prescribing at this surgery


We are promoting the use of over the counter medication for selfcare as an alternative to prescribing by your GP. This is because they are available to buy in pharmacies and supermarkets at a much lower cost. Please do not be offended if we ask you to buy these medicines. There are exemptions to these changes - for more information please visit our website.

**Cough mixtures**  
**Coldsore treatment**  
**Colic drops**  
**Paracetamol and Ibuprofen for simple short term conditions**  
**Antifungal nail treatment**  
**Antacids for indigestion**  
**Antihistamines for hayfever**  
**Medicated shampoo**  
**Sunscreen**  
**Mouthwash and mouth ulcer treatment**  
**Creams, gels and rubs for muscular discomfort**  
**Travel vaccinations**  
**Herbal remedies**

It costs the NHS approximately three times more to prescribe these medicines than it does to buy them over the counter.


**This is your NHS - please use it wisely.**

## **NHS East Leicestershire and Rutland Clinical Commissioning Group**

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