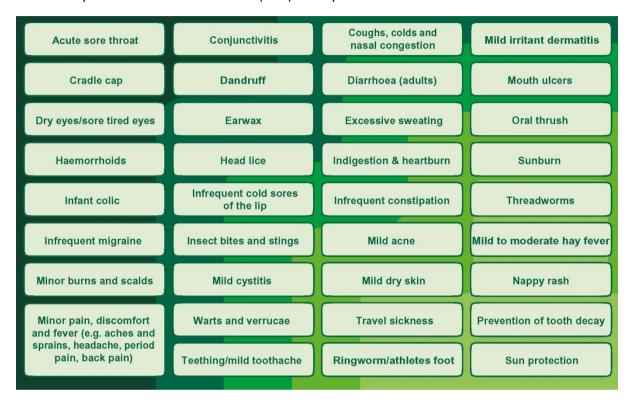
Changes to prescriptions for minor health conditions

Following an extensive public consultation exercise, by NHS England, medicines which are available to buy in a pharmacy or supermarket (over the counter) will no longer be routinely prescribed for minor illnesses.

You can buy over the counter medicines (OTC) for any of these conditions:



For information on how these conditions are treated, <u>look up your condition here</u>.

Why is it changing?

The NHS has been spending around £136 million a year on prescriptions for medicines that can be bought over the counter, such as paracetamol and medicines to treat hay fever. By reducing the amount it spends on OTC medicines, the NHS can give priority to treatments for people with more serious conditions, such as cancer, diabetes and mental health problems.

How your local pharmacy team can help you?

Pharmacists can give clinical advice 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.

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
- Call NHS 111
- Contact your GP

More information on self-care is available on Nene CCG's website.