

## **Medicines for Self-Care**

Somerset Clinical Commissioning Group has made the following medicines of limited clinical value or for minor or self-limiting conditions **NON FORMULARY**.

Your GP practice has been advised to no longer prescribe these medicines. You may seek healthcare advice from your community Pharmacy or practice, which may include a recommendation for you to self-care by purchasing your own medicines:

- Pain killers for minor aches and pains including Soluble pain killers ( high salt content)
- Hay fever preparations and Nasal decongestants (and Sterimar)
- Cough and cold remedies
- Tonic, vitamin, and health supplements eg Vitamin D
- Treatments for non-serious constipation or diarrhoea
- Ear wax removers (a few drops of olive oil is just as good as anything on prescription)
- Treatments for minor facial spots
- Threadworm tablets
- Lozenges, throat sprays, mouthwashes, gargles and toothpastes
- Slimming preparations (except within national guidelines)
- Creams, gels, oils and dressings for minor sprains, sports injuries and scars
- Indigestion remedies for occasional use
- Creams for bruising, tattoos, varicose veins and scars and hair removal creams
- Nappy rash barrier creams and Antiperspirants
- Head lice lotions and shampoos (wet combing is recommended)
- Topical treatments for vaginal thrush and athletes foot
- Treatments for fungal skin, nail infections and dandruff
- Moisturisers, bath additives and sun creams for **minor** skin conditions
- Foods and toilet preparations **except where clinically indicated** e.g. cakes, mixes & biscuits; ready-made thickened juices; soya milks Homeopathic remedies Travel medicines

## Why? This decision has been taken because:

- In Somerset we are working to ensure patients feel more empowered and informed to manage their own health.
- All of these products <u>are the same strength that the GP had been prescribing</u> and are readily available along with advice from pharmacies, as well as some shops and supermarkets (which are often open until late)
- Some of them do not actually work very well, e.g. cough syrups
- In Somerset we spent **almost £5million** last year on these medicines. This money could be better spent on treating more serious conditions such as cancer, heart disease and mental health

http://www.selfcareforum.org/:

www.nhs.uk/Pages/HomePage.aspx