



Prescriptions and Medicines in Sandwell and West Birmingham

We want to hear your views on proposed changes
23rd March - 15th June 2017



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Foreword

We are Sandwell and West Birmingham Clinical Commissioning Group (SWB CCG) and part of your local National Health Service (NHS) and we commission (buy) local health services on behalf of the local population. SWB CCG is a membership organisation involving 98 GP practices serving 577,468 patients across 114 sites. The commissioning group is broken down further into five local commissioning groups;

- Health Works
- ICoF
- Pioneers for Health
- Sandwell Health Alliance
- Black Country

This ensures that we address the needs of the population on a very local level, the map on page 1 shows the geographical footprint that we cover.

We believe it is very important to make sure we make best use of medicines to ensure the biggest benefits for all our patients. Nationally and locally the NHS spends £millions on simple products that can be bought in the community with expert advice from your community pharmacist. Better use of the skills of these accessible medicines' experts will free up GP appointments and also allow us to invest in new, innovative medicines.

In view of this, we are proposing to change the way our GPs prescribe certain medicines for short-term, minor conditions or medicines where there is no clinical evidence of health benefit. For example, for medicines to treat minor conditions like coughs, colds, sore throats and short term aches and pains, patients do not always need to visit their GP. These conditions will get better without treatment and medicines to help symptoms can be bought over the counter from the local community pharmacist.

The CCG is keen to ensure that only clinically effective treatments and those which provide clear health benefits to patients are prescribed through the NHS. This is to ensure that the CCG gets the best health outcomes for patients and the best value-for-money.

We look forward to meeting you at one of the public consultation meetings and hearing your views via the feedback and communication channels we have in place for you to have your say.



Prof Nick Harding OBE
Chair

Sandwell and West Birmingham CCG



Gwyn Harris
Medicines Quality Clinical Lead
Sandwell and West Birmingham CCG

Introduction

Proposed changes to Prescriptions and Medicines in Sandwell and West Birmingham

The challenge faced by all NHS organisations is how to spend the available budget in ways that most benefit the health of the whole population and deliver good value-for-money. We have a duty to ensure that every service we buy on your behalf is delivered to a high standard, is clinically effective and can be provided within our budget.

We have a big financial challenge to meet. This has arisen because the demand for health services, as a result of a growing and ageing population as well as advances in medical treatments, is increasing faster than the NHS budget.

We have therefore identified a number of ways to adapt services and to maximise the use of the money we have to ensure that we can continue to provide the services most needed by our population.

We are proposing to change the way we ask our GPs to prescribe certain medicines for short-term, minor conditions or where there is no clear health benefit for patients. For example, for medicines to treat minor conditions like coughs and sore throats, you do not always need to visit your GP as these can be bought over the counter from your local community pharmacist.

In Sandwell and West Birmingham, it is estimated that we spend about £1.5M per year on unnecessary prescribing. If we were not spending this money, we would be able to invest in new, high cost treatments for conditions such as heart failure, psoriasis, rheumatoid arthritis and Crohn's disease.



We have reviewed the money we spend on prescribing certain medicines, treatments, products and food items. The items reviewed are either:

- widely available over the counter (in local pharmacies or local shops) at a retail price that is lower than the NHS prescription charge (currently £8.40 per item)
- for conditions that there is no clinical need to treat
- supported by insufficient evidence of clinical benefit or cost effectiveness

From this review, we have identified a range of treatments and medicines that we want GPs to decide if they want to prescribe for their patients. Our proposals include reconsidering:

- the prescribing of treatments and medicines for short term, minor illnesses (please see Appendix 1) and prescribing where there is insufficient evidence of clinical benefit or cost-effectiveness (please see Appendix 2)
- prescribing where there may not be a clinical need to treat (please see Appendix 3)
- the prescribing of gluten free foods



At this stage these remain proposals - no final decisions have been made. We are committed to hearing people's views before making a decision.

What does this mean for our patients?

You do not need a visit to your GP practice to see the GP or nurse for some medicines that are used to treat minor conditions such as coughs (unless you have had this for more than two weeks, in which case you are advised to see your GP), colds and sore throats.

These medicines can be bought from pharmacies, supermarkets and other high street stores at a much cheaper cost than through the NHS. Pharmacists and other trained staff are experts on providing advice on minor conditions and are easier to access without an appointment.

In future, we are asking you not to visit GPs for minor conditions as this could free up GP and nurse time to see and treat patients with more serious conditions. It would also save you time as you do not need an appointment to see your pharmacist and it would be a more cost-effective option for the NHS.

We are proposing to reconsider the prescribing of these medicines for short term, minor conditions where the NHS recommends self-care. For some conditions, which are more severe or longer term, there might be a difference in whether medication is available on prescription or not. For example, you would be able to buy medication for mild acne at the pharmacist but medication for severe acne would be on prescription from your GP.

Examples of medicines you can buy at your pharmacist are:

- Painkillers
- Pain relief gels, creams and sprays
- Antihistamine tablets, capsules and liquids
- Nasal sprays for nasal allergies
- Sore throat mouth ulcer products
- Toothpastes, mouth washes and mouth gels
- Antacids for heartburn and indigestion
- Tablets to relieve diarrhoea
- Tablets to relieve constipation
- Haemorrhoid creams
- Creams for vaginal and vulvar infections or thrush
- Treatment for threadworms
- Cream for fungal infections such as athlete's foot
- Wart and verruca treatments
- Creams and bath/shower products for dry skin

In the future, if this proposal is accepted, SWB CCG GPs and nurses will only prescribe, using the criteria as set out below:

- ✓ Medicines recommended by National Institute for Health and Care Excellence (NICE)
- ✓ Medicines with strong clinical evidence
- ✓ Effective medicines to treat long term conditions or acute illnesses unsuitable for self-care

We will still prescribe any medicines that are available on prescription only, such as antibiotics, statins, etc. Where a treatment is needed which is only available on prescription then your GP will still prescribe this.

The following will no longer be available on prescription as they can be purchased over the counter or at your local pharmacist, shop or supermarket:

- ✘ Treatments for minor conditions
- ✘ Treatments where there is insufficient evidence of clinical benefit or cost-effectiveness
- ✘ Treatments for conditions where they may not be a clinical need to treat
- ✘ Gluten-free foods

We have included some examples for your information below:

A patient who requires treatment for a short term, minor condition, like a headache, would buy medication in a pharmacy, supermarket or local shop. The cost difference in the patient buying the medicine or the NHS buying the medicine is shown below:

Price example*

- **Paracetamol 500mg tables (32): 30p**
- **Cost to the NHS of prescribing paracetamol 500mg tablets (32); £7:13**

*prices sourced from www.mysupermarket.com on 8th March 2017. The cost to the NHS includes the fee to the community pharmacy for dispensing, GP and practice staff time for an appointment or repeat prescription.

Those who require a gluten-free diet would be able to either substitute gluten-free food for non-gluten food in their diet (for example, rice and potatoes) or alternatively they may freely buy gluten-free products at their local supermarket. Gluten-free foods are becoming more widely available in local supermarkets. The cost difference in the patient buying the gluten-free food or the NHS buying the gluten-free food is shown below:

- **Tesco Free from Fresh White Bread (gluten free): £2:00***
- **Genius Gluten Free White Bread: £2:70***
- **Cost to NHS of prescribing Genius white bread: £9:31***

*prices sourced from www.mysupermarket.com on 8th March 2017. The cost to the NHS includes the fee to the community pharmacy for dispensing, GP and practice staff time for an appointment or repeat prescription.

If you would like to talk to someone about your experience of prescriptions and medicines, please contact our dedicated customer care team who are there to listen to any compliments, complaints or concerns on the details below;

- Email: **swbccg.time2talk@nhs.net**
- By Telephone: **0121 612 4110**
- By Post: **Time 2 Talk Team, Sandwell and West Birmingham CCG,
Kingston House, 438 High Street, West Bromwich, B70 9LD**

Frequently Asked Questions

What will the money saved be spent on?

There are a number of new high cost treatments recently brought to the market and in the pipeline for the next few years for conditions such as heart failure, psoriasis, rheumatoid arthritis and Crohn's disease. Reducing spend on ineffective medicines would allow us to invest more in new medicines and treatments.

I have a long term condition. Will I still receive a prescription for my pain relief?

Yes, patients with conditions that cause chronic pain will still receive a prescription for their pain killers.

Can patients still access the Minor Ailment Scheme through their local pharmacist?

NHS England will still continue to commission this service on behalf of our CCG from 1st April 2017 up to 31st March 2018 but this will only be available for patients who are under 16 years of age.

Can I visit my pharmacist for advice and a consultation?

Yes, pharmacists are experts on medicines who will be able to advise you on the best medicines for your minor condition and will also be able to check you do not have any worrying symptoms that mean you should see a doctor.

If I require antibiotics, will I still get these?

Yes, antibiotics only work on bacterial infections, not colds and flu. Most sore throats and coughs in healthy people will get better without antibiotics. We all need to be careful not to use antibiotics unnecessarily as we run the risk of them stopping working altogether. However, should antibiotics be the right treatment for you, your doctor will prescribe them. Your pharmacist will also advise you if they think you have any symptoms that mean you should see a doctor.

How do I know my views will be listened to?

We are keen to hear the views of patients who are registered with a Sandwell and West Birmingham CCG GP, local groups and communities on this proposed change. Our public consultation will run from 23rd March - 15th June 2017 and all views will then be considered by our Governing Body.



How can you have your say?

By completing the survey contained within this booklet and returning it to us at the freepost address below in the freepost envelope attached:

RTHG-KAKC-RTBZ

**Engagement, Sandwell and West Birmingham Clinical Commissioning Group
Kingston House, 438 High Street, West Bromwich B70 9LD**

By completing our survey online at <https://www.surveymonkey.co.uk/r/L2PWXH3>

By attending one of our public consultation meetings where you can speak to the team involved and have an opportunity to ask questions and make comments.

Please join us on:

Date:	Wednesday 10th May 2017
Time:	6.00pm
Where:	Lozells Methodist Church, 163 Gerrard Street, Lozells, Birmingham, B19 2AP
Date:	Thursday 18th May 2017
Time:	2.00pm
Where:	Handsworth Community Fire Station, 41 Rookery Road, Handsworth, Birmingham, B21 9QU
Date:	Wednesday 7th June 2017
Time:	6.00pm
Where:	YMCA, 38 Carters Green, West Bromwich, B70 9LG
Date:	Tuesday 13th June 2017
Time:	2.00pm
Where:	Wesley Centre for All, Spring Head, Wednesbury, WS10 9AD



Survey

Q1. Do you currently pay for your prescriptions?

- Yes
- No

Q2. Do you have a prescription pre-payment card?

- Yes
- No

Q3. Do you have a long term condition? (such as diabetes, asthma, cancer, a physical disability or a mental health condition)

- Yes
- No

Please tell us what your long term condition is here?

.....

.....

Q4. Do you understand why NHS Sandwell and West Birmingham Clinical Commissioning Group is proposing changes to prescriptions and medicines? (please select one option)

- Yes
- No
- Partially understand
- Don't know

Q5. Do you agree that we should limit the prescribing of medicines for short term, minor conditions? (please tick one option)

- Yes
- No
- Partially agree
- Don't know

Q6. What impact would this change have on you or your family? (Please state below)

.....

.....

.....

.....



Q7. Do you have any further comments on prescribing for short term, minor conditions?

.....

.....

.....

.....

Q8. What do you think about only prescribing medicines that are recommended by NICE?

- Agree Disagree
 Partially agree Don't know

Q9. What do you think about only prescribing medicines that have clear clinical benefits?

- Agree Disagree
 Partially agree Don't know

Q10. What do you think about only prescribing medicines to patients who have a long term condition or who are in need of urgent care and not suitable for self-care?

- Agree Disagree
 Partially agree Don't know

Q11. What do you think about prescribing medicines that are not cost-effective?

- Agree Disagree
 Partially agree Don't know

Q12. Do you have any further comments you wish to add?

.....

.....

.....

.....

Q13. Do you or someone you care for e.g. a family member (please select as many as apply to you)

- receive pain relief medication on prescription?
 receive gluten-free foods on prescription?
 none of the above.



Q14. Are you (please select one option)

- responding as a patient?
- responding as a carer?
- responding as a parent?
- responding as a clinician or health professional?
- responding on behalf of an organisation/group? If so, please state which:

.....

responding as a political figure, either as an elected representative or a member of a political group? If so, please state here:

None of the above. Please state here:

Q15. Are you aware that you can also visit your local pharmacy for advice on your medication?

- Yes
- No

Q16. What kind of support and advice do you think people might need to help them manage their minor condition?

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Q17. If you have any other comments in relation to this consultation, please state these here:

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About you

It is important for us to listen to and hear from as many people possible. The following information will allow us to ensure that we collect the views of our population.

Q1. What is your postcode?

This will help us to assess whether we are receiving responses from across Sandwell and West Birmingham.

.....

Q2. What is your ethnic group?

White

- English, Welsh, Scottish, Northern Irish, British
 - Irish
 - Gypsy/Irish Traveller
 - Any other White background, please describe
-

Mixed/Multiple Ethnic:

- White and Black Caribbean
 - White and Black African
 - White and Asian
 - Any other Mixed/Multiple ethnic background, please describe
-

Asian/Asian British:

- Indian
 - Pakistani
 - Bangladeshi
 - Chinese
 - Any other Asian background, please describe
-

Black/African/Caribbean/Black British

- African
 - Caribbean
 - Any other Black/African/Caribbean background, please describe
-

Any other ethnic group

- Arab
 - Any other ethnic group, please describe
-



Q3. What is your gender?

- Male
 - Female
 - Transgender
 - Prefer not to say
 - Other (please state)
-

Q4. Are your day to day activities limited by a health problem or disability which has lasted or is expected to last over 12 months?

- Yes, limited a lot
- Yes, limited a little
- No

Q5. Which of the following age categories do you fit into?

- | | | |
|-----------------------------------|--------------------------------|--|
| <input type="checkbox"/> Up to 17 | <input type="checkbox"/> 18-24 | <input type="checkbox"/> 25-34 |
| <input type="checkbox"/> 35-44 | <input type="checkbox"/> 45-54 | <input type="checkbox"/> 55-64 |
| <input type="checkbox"/> 65-74 | <input type="checkbox"/> 75+ | <input type="checkbox"/> Prefer not to say |

Q6. What is your religion?

- | | |
|---|--|
| <input type="checkbox"/> No religion | <input type="checkbox"/> Christian |
| <input type="checkbox"/> Buddhist | <input type="checkbox"/> Hindu |
| <input type="checkbox"/> Jewish | <input type="checkbox"/> Muslim |
| <input type="checkbox"/> Sikh | <input type="checkbox"/> Prefer not to say |
| <input type="checkbox"/> Other (please state) | |
-

Q7. Which of the following options best describes how you think of yourself?

- Heterosexual or straight
 - Gay or Lesbian
 - Bisexual
 - Prefer not to say
 - Other (please state)
-



Appendix 1:

List of Minor Conditions and Available Treatments

Minor condition	Treatment	Other brands to be aware of (N.B. this is not an exhaustive list)	Exceptions
Pains, sprains, headache	Paracetamol 500mg tablets*; Paracetamol 500mg caplets; Paracetamol 500mg capsules; Paracetamol 500mg soluble tablets*	Anadin, Mandanol, Diprol, Panadol, Hedex, Panadol Advance	Patients with long term conditions requiring regular pain relief. Note: co-codamol 8/500mg this is not the preferred drug on the CCG drug list and should not be prescribed. Please refer to CCG drugs list for alternatives.
	Ibuprofen 200mg tablets*; Ibuprofen 200mg caplets; Ibuprofen 200mg liquid capsules; Ibuprofen 400mg tablets*; Ibuprofen 100mg/5ml Susp*	Anadin, Ibuprofen, Mandafen, Anadin, Joint Pain, Manorfen, Anadin liquifast, Nurofen, Calprofen, Orbifen, Cuprofen, Phor Pain, Hedex	
	Co-codamol 8/500 mg tablets or capsules; Co-codamol 8/500mg dispersible tablets or effervescent tablets	Migraleve Yellow tablets, Paracodol caps, Paracodol soluble tablets	
	Paracetamol 120mg/5ml oral susp (sugar free)* Paracetamol 250mg/5ml oral susp (sugar free)*	Calpol Six Plus susp 250mg/5ml Calpol Infant susp 120mg/5ml Mandalol Medinol Sootheze Six Plus	Children under 2 months. Analgesia provided immediately post vaccination. Babies born before 37 weeks. Babies weighing less than 4kg Patients with long term conditions requiring regular pain relief.
Athlete's foot	Miconazole cream 2%*	Daktarin	Diabetic patients.
	Lamisil Once Cutaneous Solution 1%	Lamisil AT (cream, gel, spray) Scholl advanced (cream, powder, spray)	Diabetic patients. Pregnant women. Breastfeeding women.
Bites and Stings	Hydrocortisone cream 1%*	HC45 cream, Lanacort cream	Children under 10 years. Pregnant women. Eyes or face, ano-genital area or on broken or infected skin. People with long term skin conditions requiring regular treatment.
	Chlorphenamine 4mg tabs*	Allercalm Piriton tablets 4mg Hayleve Pollenase tablets, Piriton Allergy tablets 4mg	Children under 12 years. Pregnant women Breastfeeding women.

Minor condition	Treatment	Other brands to be aware of (N.B. this is not an exhaustive list)	Exceptions
Bites and Stings	Chlorphenamine oral solution 2mg/5ml(sugar free)*; Chlorphenamine solution 2mg/5ml	Allerief oral soln, Piriton 2mg/5ml syrup	Children under 1 yr. Children with asthma. Children taking monoamine oxidase inhibitors.
	Loratidine 10mg tabs*	Clarityn Allergy tabs, Clarityn Rapide tabs	Children under 2 yrs. Children 2-12 years weighing less than 30kg. Pregnant women. Breastfeeding women.
Cold sores	Aciclovir cream 2% *	Cymex Ultra, Virasorb Lypsyl, Zovirax, Vectavir	Immunocompromised and terminally ill people. Children under 12 years.
Conjunctivitis (uncomplicated)	Chloramphenicol 0.5% eye drops Chloramphenicol 1% eye ointment*	Brochlor Golden Eye Optrex Infected Eye Ointment Lumicare Eye Ointment Tubilux Eye Drops	Children under 2 years. Pregnant women.
Constipation (short term)	Lactulose* Fybogel* Senna tablets* Bisacodyl tablets	Senokot* Dulcolax	Patients with chronic constipation requiring regular treatment.
Cough and colds	Simple linctus* Pholcodine linctus Codeine linctus Other cough syrup	Benylin Covonia Actifed All OTC cough meds	None
Diarrhoea	Dioralyte sachets* Electrolade sachets	Dioralyte Relief	None
	Loperamide caps 2mg	Diah-limit, Imodium, Diaquitte, Norimode, Diocalm Ultra, Entrocalm	Children under 12 years. People with inflammatory bowel disease. Post bowel surgery. Post pelvic radiation. Patients with colorectal cancer.
Ear Wax	Olive Oil Sodium bicarbonate drops	Almond Oil, EarCalm, Otex, Exterol, Cerumol, Waxsol	None

Minor condition	Treatment	Other brands to be aware of (N.B. this is not an exhaustive list)	Exceptions
Hay fever	Acrivastine 8mg caps	Benadryl Allergy Relief caps 8mg Benadryl Plus Caps	Children under 12 years.
	Beclomethasone nasal spray*	Beconase hayfever spray Nasobec aqueous spray Pollenase nasal spray Vivabec Spray	Children under 6 years.
	Cetirizine 10mg tabs*	Benadryl tabs, Piriteze, Histease, Zirtek tabs, Pollenshield Hayfever	Children under 12 years. Patients with kidney problems.
	Cetirizine 1mg/ml oral solution*	Benadryl Allergy Relief soln 1mg/1ml S/F, Zirek Allergy soln 1mg/ml	Pregnant women. Breastfeeding women.
	Chlorphenamine 4mg tabs*	Allercalm; Piriton tabs; Hayleve; Pollenase	
	Chlorphenamine oral solution 2mg/5ml(sugar free)*; Chlorphenamine solution 2mg/5ml	Allerief Oral soln, Piriton 2mg/5ml syrup	Children under 1 year. Children with asthma. Children taking monoamine oxidase inhibitors.
	Loratidine 10mg tabs*	Clarityn Rapide tabs, Clarityn Allergy tabs	Pregnant women. Breastfeeding women.
	Loratidine 5mg/5ml syrup*	Clarityn Allergy Syrup	Children under 2 years Children 2-12 years weighing less than 30kg. Pregnant women.
	Sodium Cromoglycate 2% Eye Drops	Allercrom; Optrex Allergy; Allergy Relief; Pollenase; Cromolux Hayfever; Opticrom Hayfever	None
Haemorrhoids	Soothing haemorrhoidal creams and suppositories	Anusol Preparation H Germoloids	Compound haemorrhoidal preparations with corticosteroid may be suitable for occasional short term use after exclusion of infection.
Head Lice	Malathion Aqueous Lotion 0.5%*	Derbac-M Liquid 0.5%* Quellada -M liquid*	Babies under 6 months.
	Dimethicone Lotion 4%*	Hedrin*; Linicin; Lyclear Mousse; Lyclear Repellant; Nitrid Spray; Nyda Spray	Babies under 6 months.

Minor condition	Treatment	Other brands to be aware of (N.B. this is not an exhaustive list)	Exceptions
Indigestion and heartburn	Gaviscon Advance tabs Gaviscon Advance liquid* Peptac* Mucogel* Asilone*	Gaviscon 250 tabs Gaviscon Cool (tablets & liquid) Gaviscon Double Action (tablets & liquid)	Children under 16 years
	Ranitidine 75mg tablets Omeprazole 10mg	Zantac tablets Zanprol tabs	Children under 16 years. Patients prescribed Nelfinavir (HIV)
Infant colic	Infacol Suspension 40mg/ml S/F,	Dentinox Infant colic drops	None
Nappy rash	Metanium; Sudocrem*	Bepanthen Drapolene Morhulin Zinc & Castor Oil	None
Nasal congestion	Sodium Chloride 0.9% Nasal Drops; Sodium Chloride 0.9% Nasal Spray	Snufflebabe nasal drops Calpol Soothe & Care (nasal drops & spray) Mandanol nasal drops,	None
Scabies	Crotamiton 10% cream	Eurax	Pregnant women. Breastfeeding women.
	Chlorphenamine 4mg tabs*; Chlorphenamine oral solution 2mg/5ml(sugar free)*	Allercalm, Hayleve, Piriton Allergy tabs 4mg Piriton, tabs 4mg, Pollenase tabs	Children under 1 year. Breastfeeding women.
Teething	All Teething Gels*	Anbesol teething gel* Calgel teething gel Dentinox (teething gel & toothpaste) Bonjela teething gel	Babies under 2 months. People with heart disease or liver disease.
	Paracetamol 120mg/5ml oral susp(sugar free)*	Calpol Infant susp 120mg/5ml Mandanol Infant Medinol	Babies under 2 months. Babies born before 37 weeks. Babies weighing less than 4kg.
Threadworms	Mebendazole 100mg tabs; Pripsen Sachets	Ovex	Children under 2 years. Pregnant women. Breastfeeding women.
Vaginal thrush	Clotrimazole cream 1%, 2%* Clotrimazole pessary 500mg*	Canestan 1% or 2% cream Canestan combi*	Pregnant women. Breastfeeding women. Children under 16. Adults over 60. Diabetic patients.
	Fluconazole 150mg caps	Canestan oral Diflucan	People with recurrent infections (more than 2 in 12 months.)

Minor condition	Treatment	Other brands to be aware of (N.B. this is not an exhaustive list)	Exceptions
Warts and Veruca	All topical verucca treatments (gels and paints)	Veracur, Verrugon, Bazuka Extra Strength Gel	Diabetic patients
	All topical wart treatments (gels and paints)	Cuplex, Duofilm, Occlusal Salatac, Salactol Wart Paint	Diabetic patients

NB - Clinicians retain the right to prescribe for any patient if they feel there is genuine clinical need and for any condition that they do not consider minor or self-limiting or suitable for self-care.

Appendix 2:

Insufficient evidence to recommend NHS prescribing

Category	Examples (N.B. this is not an exhaustive list)	Exceptions
Co-proxamol	Markedly more toxic in overdose than paracetamol. Withdrawn from the market in 2005 due to safety concerns and marketing authorisations cancelled at end of 2007.	None – risk outweighs benefits in all patients.
Cough	Benylin cough products, Codeine Linctus Covonia cough products, Meltus Pholcodine Linctus, Simple Linctus* Sudafed cough products	None
Colic	Colief is not considered to be a medicinal product suitable for prescribing on the NHS unless the criteria set out by the Advisory Committee on Borderline Substances (ACBS) are met. Infacol is denoted in the BNF as being less suitable for prescribing on the NHS. Evidence does not support use. Gripe water is not licenced for the treatment of infantile colic and should not be used.	Colief: if ACBS criteria are confirmed - for the relief of symptoms associated with lactose intolerance in infants, provided this is confirmed by the presence of reducing substances and/or excessive acid in stools, a low concentration of the corresponding disaccharide enzyme on intestinal biopsy or by breath hydrogen test or lactose intolerance test. • Infacol and gripe water: None
Eye Care	Blephaclean Eye Lid Wipe, Lid-Care Eyelid Wipe, Optrex Supranettes, RefreshOphth Soln 0.4ml Ud Ster Eye Cleansing Wipes	None

Category	Examples (N.B. this is not an exhaustive list)	Exceptions
Health Supplements	Products containing glucosamine Products containing chondroitin. Products containing fish oils. Products containing co-enzyme Q10. Products containing Omega 7. Products containing lutein. Icaps, OcuVite, PreserVision, Natures own, Natures aid Gojiberry extract, Cod-liver oil	None
Herbal Remedies	St John's Wort, Heathaid, Kalms, Nytol, Bach flower remedies	None
Liothyronine	Unlicensed special	There is no robust evidence on the use of liothyronine either alone or in combination with levothyroxine and it is not licensed for long-term use. May be used in documented thyroxine allergy only.
Lidocaine Plasters	NICE CG173 on neuropathic pain does not recommend the use of lidocaine patches as a treatment option due to limited clinical evidence supporting its use.	None Use alternatives approved in NICE CG173
Nasal Congestion	Menthol & Eucalyptus Inhalation Xylometazoline nasal (0.05% drops & 0.1% spray) Otrdrops Otrivine (nasal drops & spray) Sudafed tabs & elixir, Pseudoephedrine 60mg tabs*, Galpseud tabs & linctus Pseudoephedrine 30mg/5ml linctus* , Vicks vaporub	None
Omega -3	Omacor Prestylon Teromeg	Triglycerides greater than 20 when used for pancreatitis prevention or treatment. Not for CHD secondary prevention, hyperlipidaemia or familial hypercholesterolaemia Review clinical evidence
Rubifacients	Algesal Balmosa Deep Freeze Mentholatum Radian B	None
Sore Throat	AAA Sore Throat Spray, Diffiam (Throat Spray & rinse), Covonia Throat Spray, Dequadin Lozenges, Ultra Chloraseptic Spray, Dequaspray	Tyrozets Lozenges, Merocaine Lozenges, Strepsils Lozenges, Merocet lozenges, Bradasol Lozenges

Category	Examples (N.B. this is not an exhaustive list)	Exceptions
Vitamins, Multivitamin & all mineral preparations (including Cod liver oil, Vitamin B products, Vitamin E products, , Vitamin A& D products), ascorbic acid (vitamin C)	<p>Pharmacy own brands of vitamins/multivitamins (i.e.Boots, Lloyds, Superdrug, Valupak) Haliborange Santogen Fruitivits Sachets Spatone Seven Seas</p> <p>Note: All eligible pregnant women and children under 5 should be referred to Healthy Start Vitamin scheme commissioned by Public Health. Patients who are not eligible for this scheme should purchase their own requirements.</p>	<p>Lamb Vita E, Osteocaps, Vega, Osteocare Premier, Redoxon, Centrum Eye-Q, Natravits</p> <p>Vitamin D for proven Vitamin D deficiency treatment. Maintenance therapy should be purchased by the patient. Proven deficiency syndromes. Thiamine for alcohol related conditions & neurological complications. Vitamin B12 deficiency. Vitamin supplements for premature babies as advised by hospital. Calcium and vitamin D in osteoporosis. Patients with malabsorption syndromes. Patients with cystic fibrosis. Patients with metabolic disorders under specialist care.</p>

Appendix 3:

May not be a clinical need to treat

Category	Examples (N.B. this is not an exhaustive list)	Exceptions NB: Follow SWB CCG formulary if there is a clinical need to treat
Acne (mild)	<p>Aluminium oxide 38.09% paste (including Bravisol paste no1)</p> <p>All Benzoyl Peroxide products (including Panoxyl , Brevoxyl Oxy, Acnecide products)</p> <p>Nicotinamide 4% Gel (including Freederm gel, Nicam gel)</p> <p>Quinoderm products</p>	Moderate to severe cases where over the counter (OTC) products have failed (follow antibiotic guidelines).
Dandruff (including cradle cap)	Alphosyl 2 in 1 shampoo, Capasal shampoo, Ceanel concentrate shampoo, Psoriderm scalp lotion, TGel shampoo	Psoriasis
	Benzalkonium chloride 0.5% shampoo (including Dermalax), E45 Dry Scalp shampoo, Ketoconazole shampoo 2% (including dandrazol, ketopine, nizoral), Selsun shampoo	None
	Dentinox Cradle Cap Treatment Shampoo	None

Category	Examples (N.B. this is not an exhaustive list)	Exceptions NB: Follow SWB CCG formulary if there is a clinical need to treat
Dental & Sore mouth Products *If recommended by dentist to be purchased or prescribed on dental prescription (both NHS & private)	<p>Duraphat Fluoride Toothpaste : To be prescribed by Dentist</p> <p>Sodium fluoride mouthwash, oral drops, tablets & toothpaste (including the brands: Colgate, En-de-Kay, Fluor-a day, fluorigard)</p> <p>Oraldene Mouthwash</p> <p>Hydrogen Peroxide Mouthwash 6% Peroxyl Mouthwash 1.5%,</p> <p>Benzydamine Hydrochloride mouthwash & spray (including the brands: Difflam, Oroeze)</p> <p>Chlorhexidine gluconate mouthwash, oral spray & dental gel (including the brand Corsodyl)*</p> <p>Anbesol gel* & liquid, Bonjela products, Iglu gel, Rinstead pastilles</p>	<p>Use in Palliative Care: Chlorhexidine gluconate mouth wash, Benzydamine mouthwash and spray.</p> <p>Use in Palliative Care: Bonjela gel.</p>
Bath/ shower products	<p>Aqueous Cream*</p> <p>Aveeno products,</p> <p>Dermacool products,</p> <p>Dermalo Bath Emollient, Dermamist Spray,</p> <p>Diprobath Emollient,</p> <p>Emulsifying ointment*</p> <p>Eucerin products,</p> <p>Neutrogena products</p> <p>Balneum Products</p> <p>Dermol 200 Shower Emollient, Dermol Wash</p> <p>Doublebase products</p> <p>E45 products*</p> <p>Hydromol products</p> <p>Oilatum products</p>	<p>Only to be prescribed for patients with a confirmed diagnosis of significant skin disease (including eczema and psoriasis).</p> <p>NOT to be prescribed for mild dry skin conditions.</p> <p>Please refer to SWBCCG formulary for a list of approved products.</p>
Skin products	<p>Bio-Oil Skin Care Oil</p> <p>Calamine lotion*</p> <p>Coconut oil</p> <p>Products containing Dexpanthenol (Bepanthen baby protective oint, Nivea SOS products)</p> <p>Flexitol products</p> <p>E45 foot & heel cream, Glucosamine gel,</p> <p>SensetSkin Cleansing Foam Skin, Salvation joint,</p> <p>Vitamin E cream</p> <p>Silk garments</p>	None
Sunscreens	<p>Ambre Solaire products, Anthelios products,</p> <p>Delph products, Riemann P20 products,</p> <p>Sunsense products, Uvistat products</p>	<p>Only to be prescribed within Advisory Committee on Borderline Substances ACBS criteria: protection against ultraviolet radiation in abnormal cutaneous photosensitivity, resulting from genetic disorders or photodermatoses, including vitiligo and those resulting from radiotherapy; chronic or recurrent herpes simplex labialis.</p>

Choose the right care for you

Self-care

Treat yourself at home with a stocked up cupboard of medicines for minor conditions, illnesses and injuries like coughs and colds and ensure that this cupboard is away from the reach of children.

Local Pharmacy

Provides confidential, expert advice and medical treatment for a range of common conditions.

NHS 111

For advice on what help you need for your injury or illness, call 111.

Walk in Centres

For minor injuries, trips, falls and skin complaints. If you cannot wait for GP appointments, use your local Walk In Centre by visiting the NHS Choices link below.

GP

Have an illness or injury that won't go away or can't be treated at home? Call your local GP surgery for advice on whether you need an appointment.

A & E or 999

A & E and 999 are only for the most serious and life threatening health emergencies.

If you are not sure what healthcare you need, always call 111 first for advice and signposting.

Visit NHS Choices. <http://www.nhs.uk/pages/home.aspx>



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