



**Take care of
yourself and
your NHS will
take care of you**

Why do I have to buy my own medicine?

In March 2018, after a national consultation, the NHS in England published national guidelines about reducing prescribing of over the counter medicines for short term illnesses.

In 2017 and 2018, locally we also carried out our own patient engagement on prescribing over the counter medicines for short term illnesses.

Following the outcome of the local and national engagement, the Greater Nottingham Clinical Commissioning Groups decided to follow the national guidelines and restrict over the counter medicines on prescription for minor illnesses.

There are exceptions and you may still be prescribed a medicine for a condition on the list if:

- You need treatment for a long term condition, for example regular pain relief for chronic arthritis or inflammatory bowel disease.
- You need treatment for more complex forms of minor illnesses, such as 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, for example 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 breastfeeding.
- The person prescribing thinks that a patient cannot treat themselves, for example because of mental health problems or severe social vulnerability.

For more information, visit your local CCG website.

www.nottinghamcity.nhs.uk

www.nottinghamnortheastccg.nhs.uk

www.nottinghamwestccg.nhs.uk

www.rushcliffeccg.nhs.uk

The Greater Nottingham Clinical Commissioning Partnership (CCP) is made up of four Clinical Commissioning Groups - NHS Nottingham City, NHS Nottingham North and East, NHS Nottingham West and NHS Rushcliffe.

**Helping
you to
help
yourself**

A guide to self care

**No need to wait for a
doctor's appointment,
you can go straight to
your local pharmacy.**