

Dudley are making changes to how medicine is prescribed

(Prescribed means what medicine your doctor wants you to have)



Dudley Clinical Commissioning Group has made changes to how medicine is prescribed. If your illness is not serious and you can buy a medicine over the counter at a pharmacy or from a supermarket you will not get a prescription for it any more.



The medicines you can buy yourself are known as Self Care Medicines. These are treatments for minor injuries or illness.

These include medicines like:



- Paracetamol
- Ibuprofen
- Head lice shampoo
- Indigestion tablets



Some medicine may not work very well like:

- Cough syrup
- Nasal sprays
- Sore throat treatments
- Vitamins



Your doctor will still be able to prescribe a medicine if:

- you need treatment for an illness you will have for a long time or forever,
- the law says you can only buy a small amount of a medicine and you need more



You can see all the medicine names at:

www.dudleyccg.nhs.uk/prescribing



In Dudley the NHS has a fixed amount of money to spend. When it has been spent there is no more money.



We want you to help us by buying self care medicines from your pharmacy, shop or supermarket. This will help save the NHS a lot of money (over £2 million a year).



Money that is saved can be used for other NHS treatments like:

- Community Nurses
- Treatments for Cancer
- Treatment for Dementia



It costs the NHS over £40 for a doctor to prescribe paracetamol and ibuprofen for a minor illness. It costs about 25p for you to buy from a pharmacy or shop.



If you have a minor illness that is not an emergency you can go to see your pharmacist instead of a doctor. A pharmacist will talk to you for free about medicines and the treatment you need. They will not tell anyone else.





A pharmacist can help with injuries and illness like:

- Cuts and bruises
- Sprains
- Colds
- Fever



A pharmacist can also answer questions about prescribed medicines. No appointment is needed to see a pharmacist.



A lot of money is spent every day for doctors to see patients who have a minor illnesses. They could be treated with medicines you can buy cheaply from a pharmacy, shop or supermarket.



Thank you for helping your NHS



For more information contact:

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