



## Over the Counter Products

- Products that can be brought at pharmacies, supermarkets and shops for self-limiting problems – they will heal or be cured on their own accord and can be managed with OTC products.
- In the year prior to June 2017, the NHS spent approximately **£569 million** on prescriptions for medicines, which could otherwise be purchased OTC.
- These prescriptions also include other common items: That can be purchased over the counter, sometimes at a lower cost than that which would be incurred by the NHS; For which there is little evidence of clinical effectiveness

**Every £1m saved on prescriptions for over the counter treatments could fund (approx.)**

- 39 more community nurses; or
- 270 more hip replacements; or
- 66 more drug treatment courses for breast cancer; or
- 1000 more drug treatment courses for Alzheimer's; or
- 1040 more cataract operations

# Conditions Prescribing Should Be Restricted

1. Probiotics
2. Vitamins and minerals
3. Acute Sore Throat
4. Infrequent Cold Sores of the lip.
5. Conjunctivitis
6. Coughs and colds and nasal congestion
7. Cradle Cap (Seborrheic dermatitis – infants)
8. Haemorrhoids
9. Infant Colic
10. Mild Cystitis
11. Mild Irritant Dermatitis
12. Dandruff
13. Diarrhoea (Adults)
14. Dry Eyes/Sore (tired) Eyes
15. Earwax
16. Excessive sweating (Hyperhidrosis)
17. Head Lice
18. Indigestion and Heartburn
19. Infrequent Constipation
20. Infrequent Migraine
21. Insect bites and stings
22. Mild Acne
23. Mild Dry Skin
24. Sunburn
25. Sun Protection
26. Mild to Moderate Hay fever/Seasonal Rhinitis
27. Minor burns and scalds
28. Minor conditions associated with pain, discomfort and/fever. (E.g. aches and sprains, headache, period pain, back pain)
29. Mouth ulcers
30. Nappy Rash
31. Oral Thrush
32. Prevention of dental caries
33. Ringworm/Athletes foot
34. Teething/Mild toothache
35. Threadworms
36. Travel Sickness
37. Warts and Verrucae

# Over The Counter Items That Could Be Restricted

NB the products highlighted below are included for illustration purposes only. This guidance focuses on prescribing restrictions for the conditions identified.

| <u>Condition/Item</u>                                     | <u>Example products</u>  |
|---|--|
| <b>Probiotics</b>   | Probiotic sachets  |
| <b>Vitamins &amp; Minerals</b>                            | Vitamin B Compound, Vitamin C effervescent 1g tablets, Multivitamin preparations   |
| <b>Acute Sore Throat</b>                                  | Lozenges or throat sprays  |
| <b>Cold Sores</b>   | Antiviral cold sore cream  |
| <b>Conjunctivitis</b>                                     | Antimicrobial eye drops and eye ointment   |
| <b>Coughs, Colds and Nasal congestion</b>                 | Cough mixtures or linctus, Saline nose drops, Menthol vapour rubs, Cold and Flu capsules/sachets   |
| <b>Cradle Cap</b>   | Emulsifying ointment shampoo   |
| <b>Haemorrhoids</b>                                       | Haemorrhoid creams, ointments and suppositories  |
| <b>Infant Colic</b>                                       | Simethicone suspensions lactase drops  |
| <b>Mild Cystitis</b>                                      | Sodium bicarbonate or potassium citrate granules   |
| <b>Contact Dermatitis</b>                                 | Emollients, Steroid creams   |
| <b>Dandruff</b>   | Antidandruff shampoos, Antifungal shampoos   |
| <b>Diarrhoea (Adults)</b>                                 | Loperamide 2mg capsules<br>Rehydration sachets   |
| <b>Dry eyes/Sore (tired) eyes</b>                         | Eye drops for sore tired eyes, Hypromellose 0.3% eye drops   |
| <b>Earwax</b>   | Drops containing sodium bicarbonate, hydrogen peroxide, olive oil or almond oil  |
| <b>Excessive Sweating (mild – moderate hyperhidrosis)</b> | Aluminium chloride sprays, roll ons, solutions   |
| <b>Head Lice</b>  | Creams or lotions for head lice  |
| <b>Indigestion and Heartburn</b>                          | Antacid tablets or liquids,<br>Ranitidine 150mg tablets,<br>OTC Proton Pump Inhibitors (Omeprazole 10mg capsules)<br>Sodium Alginate,<br>Calcium carbonate or sodium bicarbonate liquids |
| <b>Infrequent Constipation</b>                            | Bisacodyl tablets 5mg,<br>Ispaghula Husk granules,<br>Lactulose solution   |
| <b>Infrequent Migraines</b>                               | Migraine tablets,<br>Painkillers,<br>Anti-sickness tablets   |
| <b>Insect bites &amp; stings</b>                          | Steroid creams or creams for itching   |
| <b>Mild Acne</b>  | Benzoyl Peroxide products,   |

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|---|--|
|   | Salicylic acid products  |
| <b>Mild Dry Skin</b>  | Emollient creams, Ointments and lotions  |
| <b>Sunburn/Sun protection</b>   | After sun cream,<br>Sun cream  |
| <b>Mild to Moderate Hay fever/Seasonal Rhinitis</b>   | Antihistamine tablets or liquids,<br>Steroid nasal sprays,<br>Sodium Cromoglicate eye drops                      |
| <b>Minor Burns and Scalds</b>   | Antiseptic Burns cream,<br>Cooling burn gel  |
| <b>Minor conditions associated with pain, discomfort and/fever (aches, sprains, headache, period pain, back pain)</b> | Paracetamol 500mg tablets/Suspensions,<br>Ibuprofen 400mg tablets,<br>NSAID topical creams/gels,                 |
| <b>Mouth Ulcers</b>   | Antimicrobial mouthwash  |
| <b>Nappy Rash</b>   | Nappy rash creams  |
| <b>Prevention of dental caries</b>  | Fluoride toothpastes,<br>Mouthwashes   |
| <b>Ringworm/Athletes foot</b>   | Athlete's foot cream,<br>Antifungal creams/sprays  |
| <b>Teething/Mild toothache</b>  | Antiseptic pain relieving gel,<br>Clove oil,<br>Painkillers  |
| <b>Threadworms</b>  | Mebendazole 100mg tablets  |
| <b>Travel Sickness Tablets</b>  | Travel sickness tablets  |
| <b>Warts and Verrucae</b>   | Creams, gels, skin paints and medicated plasters containing Salicylic acid,<br>Dimethyl ether propane cold spray |

- **Searches are currently being completed in Ashford and Canterbury Practices – excluding Care & Residential patients & some age ranges.**
- **Practice specific wording can be used to highlight this change to patients – also available to be added to your Practice's website for patients to see.**