



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.

As you might be aware, the NHS is under great financial pressure and must endeavor to use the public money fairly to maximise the health benefits of all patients. In order to make better use of the limited financial resources available, the Somerset Clinical Commissioning Group (CCG) has made the difficult decision to remove from the formulary a list of medications for minor or self-limiting conditions that your GPs will no longer be able to prescribe.

The reason why these medications have been chosen is because all these products are of equal strength as those that the GP would have prescribed for you in the past and they can be purchased Over The Counter (OTC) from your local pharmacy, as well as from some shops and supermarkets. For patients who pay for prescriptions many of these items are cheaper to purchase OTC. Also, your pharmacist can help you with making a suitable choice and give you appropriate advice to help you manage your condition.

The list is quite extensive and we understand that this change can be confusing for those who have previously received these medications from their GP. However, we must acknowledge that it is no longer financially viable to continue prescribing for these minor ailments under the National Health Service and we appreciate your support and understanding in ensuring the wise use of the financial resources available to all.

- Pain killers for minor aches and pains including Soluble pain killers (because of the high salt levels)
- Hay fever preparations and Nasal decongestants (and Sterimax)
- Cough and cold remedies
- Tonic, vitamin, and health supplements e.g. 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 sprains, sports injuries and scars
- Indigestion remedies tablets and liquid (for occasional use)
- Creams for bruising, tattoos, varicose veins, scars and hair removal creams
- Nappy rash/ barrier creams and Antiperspirants
- Head lice lotions and shampoos
- Treatments for vaginal thrush and athlete's foot
- Treatments for fungal skin, nail infections and dandruff
- Moisturisers, bath additives and sun creams for skin conditions
- Foods and toilet preparations e.g. cakes, mixes & biscuits; ready-made thickened juices; soya milks, Homeopathic remedies, Travel medicines