

## Medicines for self-care

Wirral CCG does not recommend the prescribing of medicines and treatments for minor, short-term conditions where self-care is the most appropriate route and where medicines and treatments are available to buy over the counter. Wirral CCG also does not recommend prescribing where there is insufficient evidence of clinical benefit or cost-effectiveness.

### Why this decision has been made?

- In Wirral we spent approximately £2m per year on these medicines. This money could be better spent on treating more serious conditions such as heart disease and diabetes.
- Many of these products are readily available, along with advice, from local pharmacies. Some are also available from local shops and supermarkets.
- Everyone in Wirral has the same expectation of what will be provided from their GP practice

The medicines that patients are expected to buy and won't be prescribed include:

- Pain killers and topical pain relief for minor aches and pains
- Oral antihistamines, nasal sprays and eye drops to treat allergies such as hayfever.
- Antibacterial Eye Drops to treat simple conjunctivitis
- Dental products such as mouthwashes, gargles and teething gel
- Cough, cold and sore throat remedies
- Health supplements eg Glucosamine
- Vitamins that are not part of an ongoing clinical need eg renal patients
- Ear wax removers
- Indigestion remedies and antacids for occasional use
- Creams for bruising, tattoos, and scars
- Haemorrhoid treatments
- Oral rehydration sachets
- Headlice treatments
- Emollient, moisturisers and bath additives for simple dry skin conditions
- Shampoos for simple dry scalp conditions such as dandruff
- Cosmetic moisturisers such as Bio-Oil
- Sunscreens
- Wart and verrucae treatments
- Antifungal treatments eg for athletes foot and thrush
- Homeopathic remedies

**For more information on self-care please contact the NHS choices website**

<http://www.nhs.uk/Pages/HomePage.aspx>