

You might notice some differences in what your GP prescribes for you

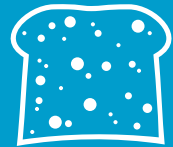
We recently consulted with you, our patients, about some of the things we prescribe. As a result of the feedback we received we are making some changes.

From December 2016 we will:



Restrict the prescribing of medicines available to buy over the counter for minor ailments and short-term, self-limiting conditions.

Limit the prescribing of gluten-free foods to bread, flour and bread mixes only.



Restrict the prescribing of baby milks and infant formulae.

Restrict the prescribing of oral nutritional supplements (Sip feeds).



Every year in Lincolnshire we spend around £17 million prescribing medicines and products in the four groups above, including £13 million on over the counter medicines. With your help we can reduce this spend help ensure the NHS is able to provide a sustainable, high quality service in the future.

Visit the NHS Choices website www.nhs.uk for more information on self-care.

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A wide range of medicines for the treatment of minor ailments and illnesses are available to buy from supermarkets, community pharmacies and other retailers. Despite a growing awareness and willingness to self-treat for minor conditions, there are still 57 million GP consultations every year, which costs the NHS £2 billion.

Following a public consultation, from December 2016 GPs will restrict the prescribing of:



Medicines available to buy over the counter for minor ailments and short-term self-limiting conditions such as paracetamol. This means we will no longer prescribe for conditions like hayfever, nasal congestion and head lice. Medicines that will not be prescribed include generic antihistamines, such as loratadine and cetirizine, and pain killers like paracetamol and ibuprofen. Those with long-term conditions requiring regular, frequent doses of paracetamol or ibuprofen will still receive repeat prescriptions.



Gluten-free food. A wide range of foods previously provided on prescription will no longer be prescribed, including things like pizza bases, pasta, savoury biscuits, crackers, cereals and porridge. However, GPs will prescribe gluten-free bread.



Infant formula and baby milks for babies with reflux, lactose intolerance or colic where the product is available to buy from a supermarket, community pharmacy or online.



Oral nutritional supplements (or sip feeds). We will only prescribe for those who have been properly assessed and where progress in terms of weight gain is being monitored and reviewed. Patients and care homes will be encouraged to follow the 'food first' approach, before requesting prescriptions for supplements. Where there is a clinical need, then your GP will still prescribe the medicine or product.

Every year we spend around £17 million in Lincolnshire on medicines and other products included in the four groups specified above; about £13 million of this is on over the counter medicines that are available to buy. Increasing everyone's focus on self-care will help us reduce the pressure on GP appointments and refocus limited NHS resources on those most in need.