



Blackburn with Darwen
Clinical Commissioning Group

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Dear Patient

We are writing to inform you about changes being introduced to the prescribing of certain routine medicines in Blackburn with Darwen from Monday, July 3.

It is acknowledged nationally that pressures across the NHS are real and growing. As such, the NHS in Blackburn with Darwen needs to ensure that local NHS resources are used in the best way possible for all patients.

With this in mind, all General Practitioners (GPs) have been issued with guidance that states it is not appropriate to routinely prescribe medicines for short term minor ailments or conditions which patients can buy themselves from a pharmacy or supermarket.

We recently carried out a public consultation on this proposal and 77 per cent of the 1,600 people who responded agreed this is the right thing to do. Many other areas have already introduced this guidance or are planning to shortly.

In light of this new guidance the following products will no longer routinely be prescribed:

Antifungal treatment	Antihistamines
Antiperspirants	Bites and stings treatments
Conjunctivitis treatments	Dandruff – cradle cap treatments
Diarrhoea treatment	Ear wax removers
Emollients for mild dry skin conditions	Headlice treatment
Health supplements	Indigestion / heartburn remedies
Nasal decongestants	Simple pain relief
Sore throat treatments	Sunscreens
Teething treatments	Vitamins
Warts and verruca treatments	

Getting these medicines on prescription costs the NHS more than if it were purchased from a supermarket or pharmacy.

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Your pharmacist will be able to advise you which products to buy and handouts are also available from your surgery for many of the conditions. Further information about self-treating a range of common, minor ailments is also available on line on the NHS Choices website – www.nhs.uk

If you would like to make any comments on these changes please contact the Clinical Commissioning Group Customer Care Team at:

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Freephone: 0800 032 2424; Telephone: 01772 777952; Textphone: 01772 227005;

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Yours faithfully

Dr Preeti Shukla
GP Executive Member

Dr Malcom Ridgway
Clinical Director for Quality and Effectiveness