

Information for patients

Self-care

The local clinical commissioning group for Blackburn with Darwen carried out engagement with local GPs and local residents about the prescribing of medicines for minor ailments.

Around 1600 people took part in an engagement survey, and there was overwhelming support that we should stop funding these types of prescriptions. **From 3rd July 2017 these items, including those listed below, will no longer be routinely prescribed.**

- Pain killers for minor aches and pains
- Tonics, health supplements and vitamins
- Earwax removers
- Hair removal creams
- Moisturisers and sun cream
- Antihistamines for hayfever/bites
- Head lice treatments
- Lozenges, throat sprays, mouthwashes, gargles and toothpastes
- Indigestion remedies for occasional use
- Preparations for infant colic, nappy rash or teething
- Creams for bruising, tattoos and scars

Why?

By keeping a selection of essential medications at home you can treat common conditions quickly and avoid trips to your GP. Store all medicines in a safe place, out of reach of children and always check expiry dates before using. Return all out of date medications to your local pharmacist.

Speak to your local pharmacist about stocking up your medicine cabinet and first aid kit

