

**Think  
Medicines!**



**Cambridgeshire and Peterborough  
Clinical Commissioning Group**

**Prescribing of medication  
available to purchase over the counter  
in Cambridgeshire and Peterborough**

Cambridgeshire and Peterborough Clinical Commissioning Group does not support the prescribing of medication that is available to buy from local pharmacies or supermarkets for children or adults with common illnesses or minor ailments that they could treat themselves at home.

The medications listed below are examples of medicines that should be purchased by the patient/parent/guardian. This list is not exhaustive.

Moisturising creams, gels, ointments and balms for dry skin with no diagnosis
Hay fever remedies eg. antihistamines, nasal sprays (patients over 18yrs)
Bath oils and shower gel (unless recommended by a specialist for infected atopic eczema)
Vitamins and supplements eg. low dose vitamin D (less than 2,000 units), I-Caps, multivitamins
Anti-inflammatory gels eg. ibuprofen gel
Rehydration sachets
Anti-diarrhoeal medication for short term diarrhoea (less than 72hrs)
Lubricating eye drops and chloramphenicol eye drops and eye ointment (patients over 2yrs)
Paracetamol and ibuprofen for short term use
Laxatives for short term use (less than 72 hours)
Nasal douches eg Sterimar
Antifungal preparations eg. Canesten
Head lice treatments
Threadworm tablets
Haemorrhoidal preparations eg. Anusol
Antiperspirants
Cough and cold remedies
Medicated shampoos eg. Alphosyl, Capasal
Mouthwash eg Corsodyl
Indigestion remedies eg. Gaviscon, Peptac

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### **The reasons for this are as follows:**

- Patients can often look after themselves and their children; advice for treating minor conditions can be given by a local pharmacy if needed.
- Patients should keep a small supply of simple treatments in their own medicine cabinet so they are able to manage minor ailments at home. These should be kept secured from young children.
- All these medicines are widely available from supermarkets and pharmacies at reasonable cost and do not need a prescription.
- Many of these treatments are more expensive when prescribed on the NHS compared to when they are purchased in pharmacies or supermarkets. For example, paracetamol is approximately four times as expensive on prescription.
- The NHS belongs to everybody and the CCG must ensure that its resources are used in the best possible way for all patients.

### **Patient queries or complaints**

Any patient queries or complaints should be directed to the Patient Experience Team on:

- 0800 279 2535
- [capccg.pet@nhs.net](mailto:capccg.pet@nhs.net)

