



NOTE FOR PATIENTS

As part of our continual efforts to ensure that we offer the most up to date, evidence based and cost effective treatment for our patients, this practice is currently reviewing the prescribing of all emollient (moisturising) creams, ointments, gels, bath and shower products for skin conditions such as eczema.

These include products such as:

- Aveeno
- E45
- Cetraben
- Doublebase
- Dermol
- Hydromol
- Oilatum

Due to a lack of evidence of effectiveness, and in line with local guidance, the practice will no longer routinely prescribe shower or bath emollients. Instead, patients with a diagnosed condition will be prescribed an alternative soap substitute/emollient according to their individual circumstances.

In line with local guidelines, the practice will no longer prescribe any form of emollient for minor self-limiting conditions such as dry skin.

.....

The General Medical Council (GMC) advises that doctors should only prescribe drugs to meet the identified needs of patients and never for their own convenience or simply on patient demand.

Below is a list of **minor illnesses** that patients can **self treat** with **over the counter (OTC) medicines**, any help or advice on treatment or usage of these medication can be obtained from their local Pharmacist.

This is a list of medication available OTC that this practice will not prescribe at first presentation.

Constipation - Fybogel sachets, Senna tablets, Lactulose solution, Bisacodyl tablets, Sodium Picosulfate

Diarrhoea - Dioralyte sachets, Loperamide capsules

Indigestion/heartburn - Peptac, Gaviscon, domperidone 10mg tablets, ranitidine 75mg, omeprazole 10mg

Threadworms - Ovex (mebendazole) tablets, Pripsen sachets

Haemorrhoids - Anusol cream, Anusol suppositories, Anusol HC cream

Mouth Ulcers - Corsodyl mouthwash, Bonjela adult, Teething Gel, Difflam spray

Cold Sores - Aciclovir cream 5%

Sore Throat - Soluble aspirin 300mg, Throat lozenges-Dequadin, Tyrozets.

Athletes Foot - Miconazole cream, Miconazole powder, Terbinafine cream (Lamisil)

Acute pain relief – Paracetamol 500mg tabs, Co-codamol 8/500mg tabs, Ibuprofen 200mg and 400mg tabs.

Fever in Children – Paracetamol susp. Ibuprofen susp.

Warts & verrucas - Cuplex gel, Bazuka gel, Salactol wart paint

Head lice - Hedrin lotion, Lyclear rinse

Hay fever/allergies - Loratadine tablets, Beclometasone nasal spray, Sodium cromoglicate eye drops, Chlorphenamine tablets/syrup

Nappy Creams – Metanium, Cradle Cap Cream, Drapolene, Sudocrem, Nappy Rash ointment.

Cough – Pseudoephedrine linct, Simple linct. Codeine linct Pholcodeine linct.

Migraine Headaches – Migraleve.

Acne – Benzoly Peroxide

Atopic Eczema- Aveeno, E45cream, Eurax cr. Eurax HC, Aqueous Cream.

Sprains and Strains – Ibuprofen gel and sprays, Diclofenac gel and sprays.

As you know we have to spend Your NHS money wisely, and we have been instructed by Medicines Management at the CCG that this is a cost effective way of spending the medicines budget, allowing it to be used in the best way possible to help the medical needs of patients in Blackburn with Darwen.

Thank you