

Changes to prescribing in Lewisham

**Information about self-care, Pharmacy First
and medicine cabinet essentials**

GPs in Lewisham will no longer routinely prescribe medicines for minor illnesses such as coughs, colds, dry skin, upset tummies and minor cuts which normally get better with time.



Taking care of yourself at home

Home is where most of us want to be when we're ill. Yet many people still visit the GP or A&E for conditions that could be treated at home. This is known as 'self-care'. With self-care you can take control and start to feel better quicker.

Your local pharmacist can support you to self-care with advice on treatments, minor illnesses and provide reassurance.

- There are many pharmacies in Lewisham, often open for long hours and on weekends too
- Pharmacists are highly qualified healthcare professionals who can treat and advise on common illnesses
- You don't need an appointment to see your local pharmacist
- You can have a confidential consultation with your pharmacist in a private area of the pharmacy. Anything you say to the pharmacist is treated with confidence.
- The Pharmacy First scheme is available to support patients to access medication for short-term minor illnesses from their pharmacist. All advice is free and if you do not normally pay prescription charges, any medicine recommended will be free. For more information please visit www.lewishamccg.nhs.uk/Pharmacy-First

If your problem needs the attention of a GP, your pharmacist is trained to recognise this and advise you to see your GP

For a list of local pharmacies and opening times please visit www.myhealth.london.nhs.uk

For further advice visit

GPs in Lewisham will no longer be able to routinely prescribe these self-care medicines:

- Acne creams
- Anti-diarrhoeal medication for short term use (up to 72 hours)
- Anti-fungal treatment for short term minor illnesses
- Antiperspirants
- Cold sore treatment
- Colic treatment
- Cough and cold remedies
- Camouflage creams
- Ear wax removers
- Eye drops for short term use and minor illnesses
- Hay fever treatments
- Head lice (nits) and scabies treatment
- Herbal and complementary supplements
- Homeopathic preparations
- Indigestion remedies for minor illness or short term use
- Laxatives for short term use (up to 72 hours)
- Mouthwashes and mouth ulcer treatment
- Nappy rash cream
- Painkillers for short term use
- Haemorrhoidal (piles) preparations for short term use (5 -7 days)
- Rubefacients (creams and ointments which increase blood flow to treat pain)
- Sun creams
- Threadworm treatment
- Topical steroids for short term use (up to a week) for bites, stings or mild dermatitis
- Vitamins (excludes: folic acid (folate), vitamins D and B12)
- Warts and verruca treatment



Stock up your medicine cabinet

Try to ensure your medicine cabinet has all the basics:

1. Pain killers, such as paracetamol or ibuprofen
2. Antihistamine for allergies
3. Bandages
4. Rub-on anti-inflammatory painkillers
5. Oral rehydration salts
6. Indigestion remedies
7. Laxatives
8. Anti-diarrhoea medicine
9. Cream or spray to treat insect bites and stings, or cuts and grazes
10. Plasters and dressings
11. A thermometer (digital, under-arm or ear thermometer)

Make sure medicines in your cabinet are still okay to use. If medicines are past their use-by date, Do not use them. Always keep medicines out of the reach and sight of children.

What if my child needs medicines while at school?

Write to the school giving permission for your child to take the medicine. Guidance from the Department of Education makes it clear that a child can take non-prescription self-care medicines with written permission from a parent or guardian.

It is not necessary for GPs to write to schools to confirm that it is appropriate to administer self-care medicines.

The age at which children are ready to take their own medicines varies. As children grow and develop, they should be encouraged to participate in decisions about their medicines and take responsibility for their own medicines.



Useful Information

For more advice and information on how to treat a range of common ailments visit **www.lewishamccg.nhs.net/selfcare**

Find out about the essential medicines every household medicine cabinet should have **www.nhs.uk/livewell/pharmacy**

If you need this leaflet in another language or format please contact NHS Lewisham CCG on 020 3049 3200 or lewccg.enquiry@nhs.net