

Changes to prescribing over the counter (OTC) medicines

Help the NHS use resources more sensibly

Many medicines for pain relief and other minor illnesses are on sale at your local pharmacy or supermarket and are called 'over the counter' (OTC) medicines.



In City and Hackney, we spend nearly £2.6million each year on prescriptions of OTC medicines.

This money could help pay for:

- **240 more hip operations**
- **100 community nurses**

Your doctor may ask you to buy OTC medicines such as paracetamol or ibuprofen, instead of giving you a prescription.*

Find out more about this change, including who can continue to receive over the counter medicines on prescription at:

www.nhs.uk/OTCmedicines

You can also buy OTC medicines for conditions such as acute sore throat, minor burns and scalds, coughs, colds, nasal congestion, mild dry-skin, dandruff, mild to moderate hay fever, dry, sore or tired eyes and many more.

For more information and support:

- **Speak to the team at your local pharmacy.**

Advice on minor illnesses you can treat by yourself is available on:

- **www.selfcareforum.org**
- **www.nhs.uk or by phoning 111**

*You may still be prescribed a medicine on the OTC list depending on your circumstances. Your GP, nurse or pharmacist will inform you if this is the case.