

# Stopping doctors prescribing medicines you can buy yourself

## Easy Read



Every year the NHS spends a lot of money



on prescriptions giving out medicines



that you can buy yourself without a prescription from a doctor.



For example, pain killers like paracetamol.



The senior NHS managers, NHS England,



spoke to lots of people



about whether they were happy to buy medicines themselves



for some short illnesses



instead of going to the doctor.



This would save the NHS money



and give doctors more time.



After NHS England had finished talking to people



they created new rules to stop doctors giving prescriptions for medicines for 33 small illnesses.

They would only stop giving prescriptions for medicines when:



- the medicines don't make you better



- the medicines are for illnesses that will get better by themselves



- you can easily buy the medicines from a chemist, supermarket or shop.

This means that doctors won't give you medicines for 33 illnesses.

Here are the 33 illnesses:



1. Doctors won't give you probiotics for tummy health.

They don't do very much.



2. Doctors won't give you cold sore cream or gel.

It goes away on its own.



3. Doctors won't give you vitamins and minerals.

They don't do very much.



4. Doctors won't give you medicines for a sore throat.

It will get better on its own.



5. Doctors won't give you medicines for red and runny eyes.

It will get better on its own.



6. Doctors won't give you medicines for coughs and colds.

They get better on their own.



7. Doctors won't give you medicines for cradle cap in babies.

It gets better on its own.



8. Doctors won't give you medicines for haemorrhoids.

They will get better on their own.



9. Doctors won't give you medicines for colic in babies and children.

It gets better on its own.



10. Doctors won't give you shampoos for dandruff.

Lots of places sell dandruff shampoo.



11. Doctors won't give you medicines for diarrhoea.

It gets better on its own.



12. Doctors won't give you medicines for mild cystitis.

It gets better on its own.



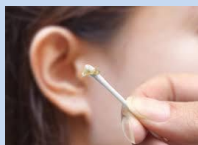
13. Doctors won't give you medicines for rashes from touching something.

Lots of places sell rash cream.



14. Doctors won't give you medicines for dry or tired eyes.

There are ways to help yourself and you can get help from a chemist.



15. Doctors won't give you medicines for earwax.

There are ways to help yourself and you can get help from a chemist.



16. Doctors won't give you medicines to stop excessive sweating.

There are ways to help yourself and you can get help from a chemist.



17. Doctors won't give you shampoos for head lice.

Lots of places shampoo for head lice.



18. Doctors won't give you medicines for indigestion (when you feel bloated, have heartburn and feel sick).

Lots of places sell medicine for indigestion.



19. Doctors won't give you medicines to help you when you can't pooh.  
Lots of places sell medicine to help you pooh.



20. Doctors won't give you medicines for a one off bad headache.  
Lots of places sell medicine for headaches and it will go away by itself.



21. Doctors won't give you medicines for bug bites and stings.  
Lots of places sell medicine for bites and stings.



22. Doctors won't give you medicines for mild hayfever.  
Lots of places sell medicine for hayfever.



23. Doctors won't give you medicines for small burns or hot water scalds.  
There are ways you can help yourself and it will get better without help.



24. Doctors won't give you medicines for small illnesses that give you pain.  
Lots of places sell medicine to help with pain.



25. Doctors won't give you medicines for mouth ulcers.  
Lots of places sell gel or creams for mouth ulcers.



26. Doctors won't give you creams for nappy rash.  
Lots of places sell creams for nappy rash.



27. Doctors won't give you medicines for thrush in the mouth (white patches that bleed inside the mouth).

A chemist can sell you a gel and tell you what to do.



28. Doctors and dentists won't give you medicines for holes in your teeth.

You need to go to the dentist to get the tooth fixed and lots of places sell medicines to help with the pain.



29. Doctors and dentists won't give you medicines for toothache.

You need to go the dentist with toothache.



30. Doctors won't give you medicines for ringworm or athlete's foot.

A chemist can sell you a cream or spray that will help and tell you what to do.



31. Doctors won't give you medicines for threadworms.

A chemist can sell you a medicine and tell you what to do.



32. Doctors won't give you medicines for travel sickness.

A chemist can sell you a medicine and tell you what to do.



33. Doctors won't give you medicines for warts and verruca.

A chemist can sell you a medicine and tell you what to do.



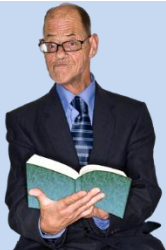
Doctors in **Ashton, Wigan and Leigh** will soon be following these new rules.



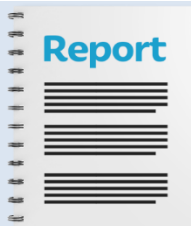
We want to know what you think of the new rules.



Please help us and answer some questions.



When we have all the responses, we will look at the answers.



We will produce a report to explain what people have told us.

If you want to get a copy of the report let us know.



If you want to speak to someone about this please let us know:



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