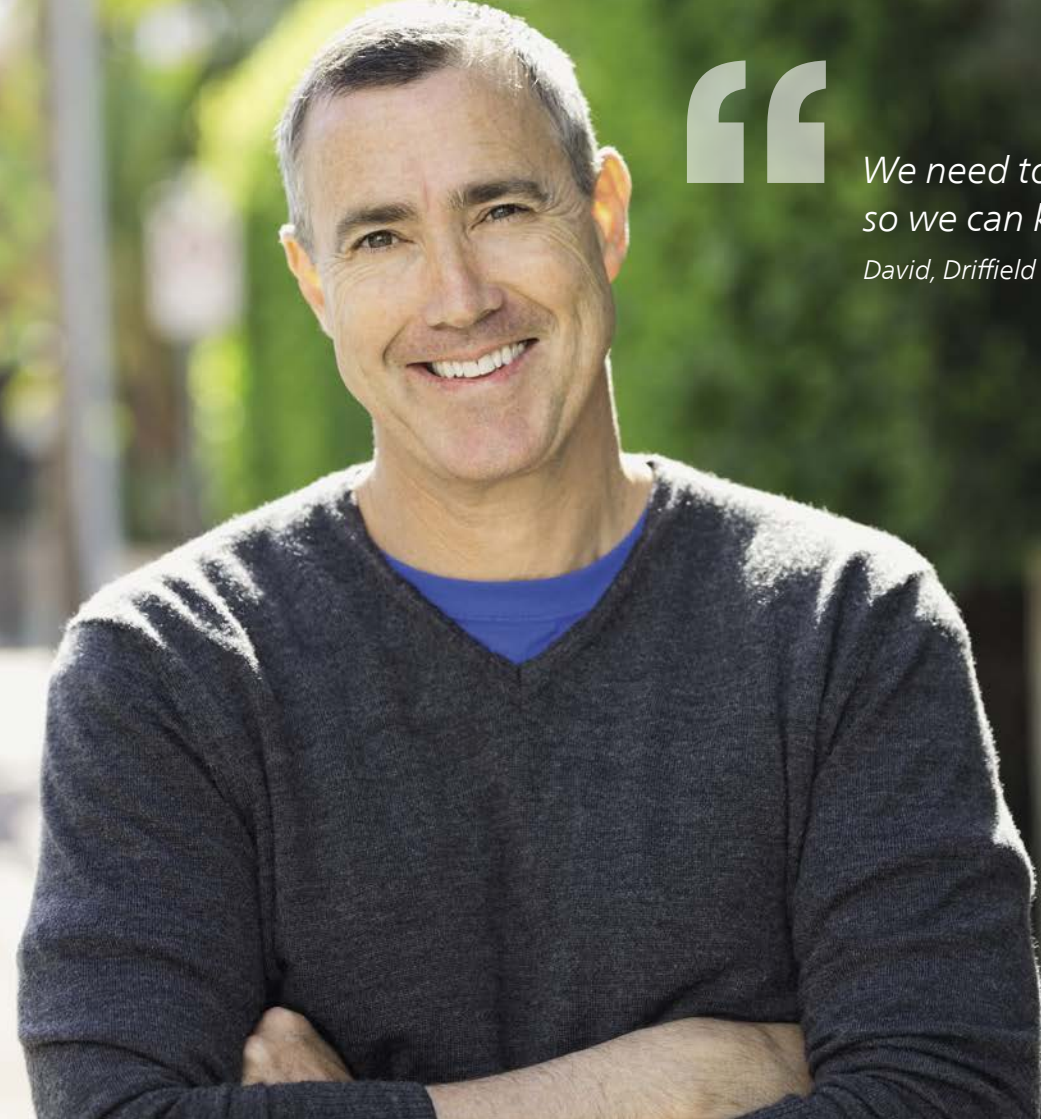


DON'T SWALLOW UP YOUR NHS



Drugs like paracetamol can cost up to three times more on prescription than from a supermarket. Please, buy them over the counter for pennies instead.



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*We need to help in any way
so we can keep our NHS.*

David, Driffield

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Did you know your local NHS spends around £1 million paying for medicines that patients in the East Riding of Yorkshire get free on prescription which could be bought over the counter for pennies? We believe this money could be better spent on essential healthcare services that benefit everyone.

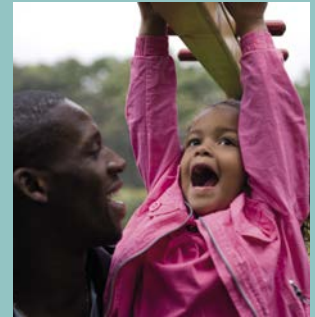
Meeting everyone's healthcare needs

NHS East Riding of Yorkshire Clinical Commissioning Group is responsible for planning and buying your local health services. This includes paying for the medication patients in the East Riding of Yorkshire get on prescription. In 2015–16 we had a prescribing budget of £52.1 million. We overspent this budget by £2.6 million and, in theory, we predict that we will continue to spend over our budget every year.

Demand for services is rising and there are many pressures that threaten to overwhelm your local NHS: our population is ageing; we are seeing a growth in the number of people with long-term conditions such as heart disease, diabetes and

hypertension; a large increase in the number of free prescriptions given out, and rapidly rising medicine costs.

We are looking at how we can do things differently, so we have made changes to how we prescribe some medicines that can easily be bought at a supermarket or chemist. We think these are common sense changes that will help to bring down our prescription spend without impacting on your health and care. And you agree. In our recent Prescribing Survey, 72% of you agreed with our decision to ask people to buy their own items when available at a lower cost at chemists and supermarkets.



The NHS belongs to everyone and to protect its financial stability and future for our children and grandchildren we need to make important changes to how we deliver and use health and care services.

Buy over the counter for pennies instead

There are a wide range of prescription items, just as effective, that are available at your local chemist or supermarket at a cheaper cost to the NHS than it is for your doctor to prescribe.

Last year we spent over £500,000 on dispensing painkillers alone. Painkillers such as paracetamol are widely available in supermarkets and local chemists and cost around 1p per tablet compared to 3p per tablet on the NHS. This is why, when you only need them now and again, it is better to buy over the counter for pennies instead.

Getting medicine you can buy over the counter on prescription is much more expensive due to your doctor's and local pharmacist's time taken in dealing with appointments, handling prescriptions and dispensing medication. Where clinically appropriate, with certain items on prescriptions, your doctor will now encourage you to purchase them yourself at your local chemist or supermarket.

These types of items include:

- Painkillers (small quantities of paracetamol and ibuprofen)
- Cough and cold remedies
- Antihistamines (used to treat allergic health conditions)
- Nasal sprays
- Indigestion remedies
- Dandruff remedies
- Head lice remedies
- Haemorrhoids (piles) medication
- Teething remedies



We all have an individual responsibility to look after ourselves, improve our physical and mental wellbeing and change how we use NHS services. This is why, when you only need items now and again, it is better to buy over the counter for pennies instead.

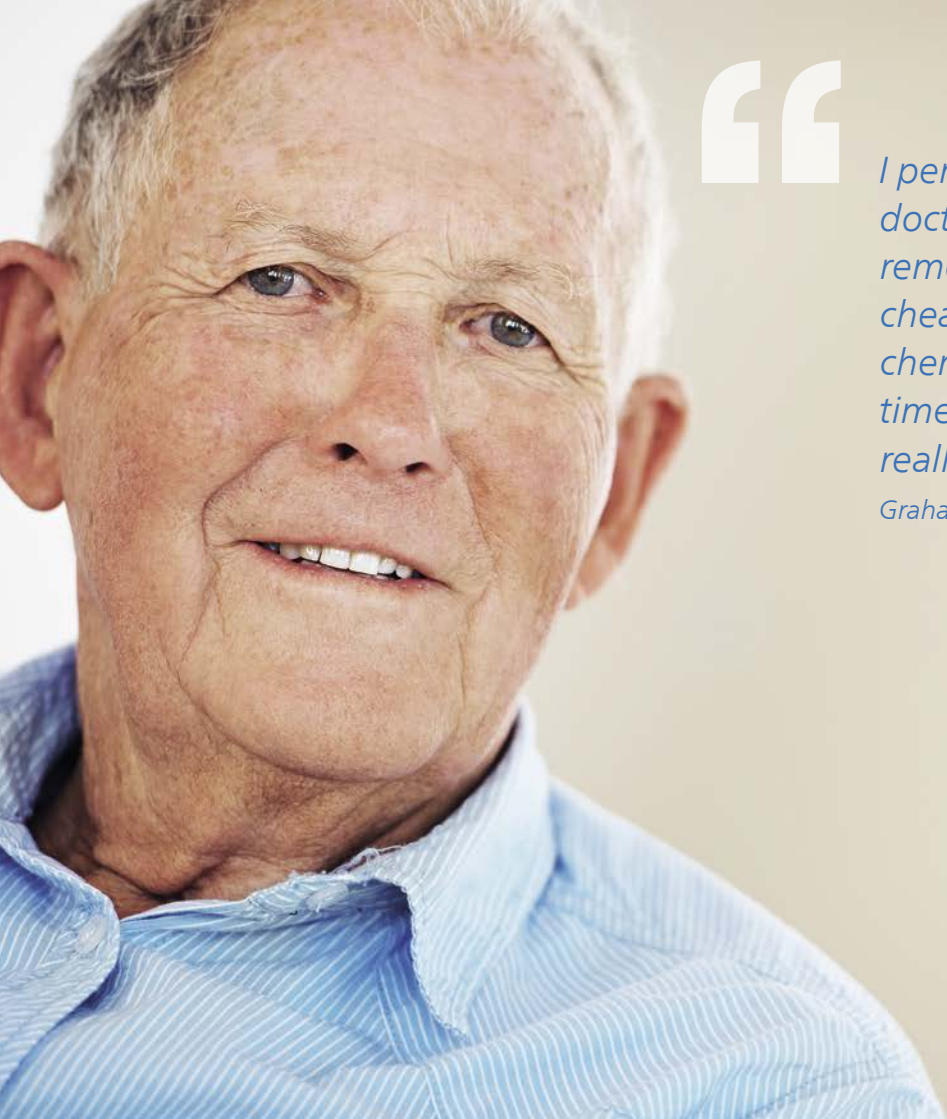
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Too many people feel it is their right to have medicines free, even if it is just paracetamol. People don't realise that by draining the NHS now there will be nothing left for the future.

Sarah, Bridlington

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I personally wouldn't go to my doctor for headache or cold remedies – these can be bought cheaply from supermarkets and chemists giving doctors more time to treat people who are really poorly.

Graham, Beverley

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Long-term pain management

We understand that many of you with long-term conditions are prescribed painkillers regularly to help you manage your pain

We appreciate how beneficial and healing this is for you, so do not worry, you can still get regular large quantities on a repeat prescription. However please don't stock-pile these, only order what you need.

Living with pain can be tough for you, your family and friends. You may like to consider alternatives to help reduce your medication. We offer self-management courses that help you to understand and better manage persistent pain and its effects through relaxation, mindfulness and gentle exercise.

To find out more contact the Humber Community Pain Service on 01482 478886 or 0800 731 4483.

Help us to help you

Part of our drive to change the way we do things includes helping you to help yourself self-care by looking after yourself and being prepared.

Self-care is being able to self-manage symptoms such as coughs, colds, fever, aches and pains straight away. Not only does this improve your quality of life it helps you sleep better and reduce stress, making you feel more positive and confident in taking control of your own health and wellbeing.

The best way to self-care is to be prepared for yourself and your family. Keeping a well-stocked medicine cabinet at home will prepare you for some of the most common illnesses so you can treat them immediately, when needed, without having to wait to see your doctor. Your local pharmacist can give you advice on what to have available that you can easily buy from your chemist or supermarket.

Contact us

If you would like to know more or require this document in an alternative format or language, please contact us.

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