

Restricted Prescribing List

GPs in Mid-Essex CCG have agreed to reduce their NHS prescribing of the following medicines.

- Pain killers for minor aches and pains
- **Cough and cold remedies**
- Lozenges, throat sprays, mouthwashes and gargles
- **Hay fever preparations**
- Indigestion remedies
- **Travel medicines and vaccines**
- Treatments for non-serious constipation and diarrhoea
- **Treatments for minor acne and minor nail infections**
- Tonics, vitamins, health supplements and complementary medicines
- **Antiperspirants**
- Threadworm tablets
- **Ear wax removers and softeners**
- Barrier creams for nappy rash
- **Creams for female facial hair**
- Creams, gels & stockinette for sprains and sports injuries
- **Creams & gels for bruising, tattoos and varicose veins**
- Athlete's foot cream and powders
- **Slimming preparations other than those restricted to prescription only**
- Head lice lotions and shampoos
- **Moisturisers & bath additives for minor dry skin conditions**
- Food and toilet preparations where not clinically indicated e.g. gluten free foods, sip feeds, infant feeds, soya milks and sun creams.

This decision has been taken because:

- Many of these products are readily available from pharmacies, where you can also get additional professional advice on your condition.
- Shops and supermarkets (which are often open until late) also have a range of these products that you can purchase e.g. gluten free foods, small quantities of pain killers
- This money could be better spent on treating more serious conditions such as diabetes and heart disease
- In some circumstances your doctor can still prescribe these medicines on the NHS.

