

The NHS in East Berkshire spent over £3.7million last year on products that can be bought without a prescription.

The NHS is under pressure. Our budget is not large enough to pay for all the treatments we would like to purchase for you.

NHS guidance recommends that items that can be bought without a prescription should no longer be prescribed across England.

The following products are available to buy over the counter from pharmacies and some other shops. NHS prescriptions will not be available for these in East Berkshire from 1st September 2018:

Antacids e.g. Gaviscon[®], Rennies[®], Peptac[®]
Athlete's foot powders/creams/sprays e.g. Daktarin[®], Mycota[®]
Benzoyl peroxide e.g. Acnecide[®], Brevoxyl[®]
Chloramphenicol eye drops for adults
Cold sore cream e.g. Zovirax[®], Aciclovir
Cough & cold remedies e.g. Beechams[®], Benylin[®], Buttercup[®], Codeine linctus, Day/Night Nurse[®], Covonia[®], Pholcodine[®], Karvol[®], Lemsip[®], Olbas[®], Simple linctus
Decongestants e.g. Sudafed[®], Actifed[®], Otrivine[®]
Diarrhoea relievers e.g. Imodium[®], Loperamide, Dioralyte[®]
Ear wax softeners e.g. Cerumol[®], Otex[®], Olive oil
Emollient creams e.g. Aveeno[®], Cetraben[®], E45[®], Doublebase[®]
Haemorrhoid soothers e.g. Anusol[®]
Hay fever treatments e.g. Cetirizine, Loatadine, Beconase[®], Sodium Cromoglicate eye drops
Head lice treatments e.g. Derbac[®], Lycllear[®]
Infant colic remedies e.g. Colief[®], Infacol[®]
Laxatives for constipation e.g. Fybogel[®], Senna, Lactulose, Dulcolax[®]
Migraine relievers e.g. Migralve[®], Imigran[®] 50mg, Sumatriptan 50mg
Mouth ulcer or teething relief e.g. Bonjela[®], Anbesol[®]
Multivitamins e.g. Vitamins capsules, Sanatogen[®], Centrum[®], iCaps[®], Viteyes[®]
Nappy rash creams e.g. Sudocrem[®], Metanium[®]
Pain and fever relief e.g. Paracetamol, Ibuprofen, Calpol[®]
Sore throat soothers e.g. Strepsil[®], Tyroset[®], Corsodyl[®], Difflam[®], Dequadin[®], Merocet[®]
Toothpastes e.g. Duraphat[®]
Travel sickness relief e.g. Kalms[®]
Vitamin D (Colecalciferol) 400-1000 unit preparations
Wart and verucca removal e.g. Wartner[®]
Pharmacy or shop own brands of any of the above items

N.B. The above list is not exhaustive. Full list of conditions for which prescribing has been stopped is available at www.eastberkshire.nhs.uk

