

New Prescribing Policy in Sandwell and West Birmingham

Prescriptions for the following products may no longer be available from your GP:

Acute pain, sprains, headache, temperature, mild fever, simple migraine, cold and flu symptoms

- Paracetamol
- Ibuprofen
- Co-codamol 8/500 (tablets, capsules, liquids and soluble)

Simple Bites and Stings

- Hydrocortisone cream 1%
- Antihistamines - all

Acute Constipation

- Lactulose
- Fybogel
- Senna tablets
- Bisacodyl tablets

Cough and colds

- All cough syrups and linctuses including: Simple linctus, Pholcodine linctus, Codeine linctus

Diarrhoea (simple, acute episodes)

- Oral rehydration sachets e.g. Dioralyte, Electrolade
- Loperamide caps 2mg

Ear Wax

- Olive or Almond Oil
- Sodium bicarbonate drops
- Ear wax softeners e.g. EarCalm, Otex, Exterol, Cerumol, Waxsol

Haemorrhoids

- Soothing haemorrhoidal creams and suppositories e.g. Anusol, Preparation H, Germoloids

Head Lice

- Malathion Aqueous Lotion 0.5%
- Dimethicone Lotion 4%

Short term indigestion and heartburn

- Antacids e.g. Gaviscon Advance tabs, Gaviscon Advance liquid, Peptac, Mucogel, Asilone
- Ranitidine 75mg tablets
- Omeprazole 10mg

Infant colic

- Simethicone Suspension (Infacol)
- Dimeticone Suspension (Dentinox)
- Colief (unless ACBS criteria are met)

Nappy rash - all nappy rash creams

Nasal congestion

- Sodium Chloride 0.9% nasal drops/spray
- Xylometazoline nasal drops & spray
- Pseudoephedrine 60mg tabs and linctus
- All inhalations

Scabies

- Crothamiton 10% cream
- Antihistamines e.g. Chlorphenamine

Teething

- All Teething Gels

Simple Warts and Verruca

- All topical treatments (gels and paints)

Eye Care

- Soothing drops e.g. Optrex, Refresh
- Oph soln
- Eye Cleansing Wipes e.g. Blephaclean, Lid-care, Supranettes

Health Supplements, Homeopathic Remedies and Herbal Remedies

- Products containing glucosamine
- Products containing chondroitin
- Products containing fish oils
- Products containing co-enzyme Q10
- Products containing Omega 3, 6 or 7
- Products containing lutein e.g. Icaps, Ocuvite, PreserVision
- Gojiberry extract
- Cod-liver oil
- All Homeopathic products
- All herbal products

Rubifacients

- All e.g. Algesal, Deep Freeze, Radian B

Sore Throat

- All lozenges and sprays e.g. Difflam (Throat Spray & Rinse), Dequadin Lozenges, Tyrozets Lozenges, Strepsils Lozenges

Vitamins, Multivitamin & Mineral Preparations (except to treat a clinically proven deficiency)

- Vitamin A
- Vitamin B group and B compounds
- Vitamin C
- Vitamin D long term maintenance
- Vitamin E

Acne (mild)

- Aluminium oxide 38.09% paste
- Nicotinamide 4% Gel (e.g. Freederml gel, Nicam gel)
- Quinoderm products

Dandruff and cradle cap

- All Cradle Cap Treatment Shampoos
- All Dandruff Shampoos

Dental & Sore Mouth Products

- Fluoride toothpaste, mouthwash, oral drops & tablets
- All mouthwashes and dental gels e.g. Chlorhexidine gluconate (Corsodyl)
- Mouth ulcer treatments e.g. Anbesol gel & liquid, Bonjela products,

Emollients & Bath/Shower Products

- e.g. Aveeno, Diprobath, Doublebase, E45, Oilatum

N.B formulary products are available for people with chronic skin conditions

Other skin products

- e.g. Bio-Oil, Calamine lotion, Coconut oil, Flexitol products, E45 foot & heel cream, Vitamin E cream

Silk garments

- e.g. Skinnies, Derma-Silk, Dream-skin

Sunscreens

- All sunscreens (unless ACBS criteria are met)

Other medications

- Co-proxamol
- Liothyronine
- Lidocaine Plasters
- Probiotics

This list is not exhaustive and is subject to change.

Thank You for helping Your NHS