



Please don't ask for over-the-counter medicines like paracetamol and ibuprofen on prescription

Your local NHS spends around £1.3m each year on medicines which are easily available in local pharmacies and shops.

This could pay for:



211

MORE hip operations or



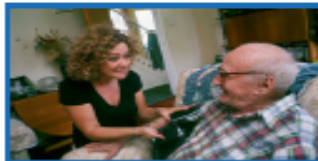
1,380

MORE cataract operations or



91

MORE treatments for breast cancer or



43

MORE community nurses

The NHS belongs to you, use it responsibly.

Over-the-counter medicines are widely available at local pharmacies & supermarkets.

They include:

- **Antihistamines**

(a type of medicine often used to treat a number of allergic health conditions)

- **Paracetamol and ibuprofen**
- **Cough and cold remedies**
- **Nasal sprays**
- **Haemorrhoid treatments**



Some of these medicines are up to four times more expensive when prescribed by the NHS compared to the price in local pharmacies or supermarkets.

When required in small quantities or for short periods, it is better for the NHS if you purchase these medicines without a prescription.

If you are a patient who needs these drugs in regular large quantities, don't worry - you can continue to get them on repeat prescription.

Remember, you can speak to your pharmacist for advice on treating minor ailments (such as coughs and colds, mild eczema and athlete's foot).

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By visiting your pharmacy you will also help to free up valuable GP and nurse time, which can be used to deal with more complex or serious health needs. A pharmacist will always advise you if they think you need to see a doctor.

For more information about your nearest pharmacy and opening times visit: www.nhs.uk

Produced by NHS North Kirklees and NHS Greater Huddersfield Clinical Commissioning Groups