

Hay fever medicines suitable for self-care and available to buy over the counter have been removed from your repeat prescription in line with NHS England guidance and the Derbyshire self-care policy

Hay fever medicines have been removed from your repeat prescription in line with new NHS England guidance. These items are available to purchase from your local pharmacy or supermarket. For info on how to self-care visit www.nhsstaywelderbyshire.co.uk

This is part of a national campaign to encourage the population to become more self-care aware and empower people to treat themselves for minor conditions instead of visiting their GP first. This change also aims to release appointments in the system for people with more serious conditions as well as reducing spend for the NHS on medication.

If you have visited the Practice recently you will have seen our brightly coloured posters and information leaflets promoting the Derbyshire 'Be Self-care Aware' campaign. This campaign also asks GPs to review current repeat prescribing to ensure items which are available to buy over the counter are removed where appropriate.

We would like to remind you of the valuable service your community pharmacy offers. They are trained professionals who are able to talk through your symptoms, offering advice and reassurance on how long these may last and what to do if these continue or get worse. Please ask them for the most appropriate cost effective treatment if and when this is required.

We would also encourage you to visit the Stay Well Derbyshire website (www.nhsstaywelderbyshire.co.uk) to find out more information on how to self-care, you can also find more information on the NHS England website www.england.nhs.uk & search for 'OTC guidance

