

# Exemption List

## Patient information

East Leicestershire and Rutland CCG does not support the prescribing of the preparations below for short term use except for the exemptions below.

Detailed Patient Information Leaflets are available at: [eastleicestershireandrutlandccg.nhs.uk](http://eastleicestershireandrutlandccg.nhs.uk) and at your GP practice or community pharmacy.

Preparation	Additional information for patients	Exemption(s)
<b>Drugs of low clinical evidence/selfcare</b>		
Cough and cold remedies	There is limited clinical value for cough mixtures, decongestants, sore throat lozenges etc. Cough mixtures are available to purchase over the counter at pharmacies and supermarkets for dry coughs and chesty coughs however there is little evidence that these work. Many cough, cold and flu remedies contain paracetamol, which count towards the maximum daily dose. Take care not to take too much.	When should I see a GP? <a href="http://nhs.uk/conditions/cough/pages/introduction.aspx">nhs.uk/conditions/cough/pages/introduction.aspx</a>
Cold sore treatment (topical cream)	Only reduces cold sore duration by one day. Can be purchased over the counter at pharmacies and supermarkets.	Patients with a weakened immune system.
Colic drops	Can be purchased over the counter at a pharmacy. Colief is not considered to be a medicinal product suitable for prescribing on the NHS, unless the criteria set out by Advisory Committee on Borderline Substances (ACBS) are met. Infacol is denoted in the BNF as being less suitable for prescribing on the NHS. Evidence does not support use. Gripe water is not licenced for the treatment of infantile colic and should not be used.	Colief drops - if needed for the relief of symptoms associated with lactose intolerance in infants, provided this is confirmed with tests.

<p>Creams, gels and rubs for muscular discomfort</p>	<p>Evidence does not support the prescribing of creams, gels and rubs for short-term muscular pain, or pain affecting the whole body (and not caused by a single joint).</p> <p>Discuss alternatives available with your community pharmacist.</p>	<p>Some creams, gels and rubs containing non-steroidal anti-inflammatories (such as ibuprofen) can be prescribed in line with national NICE guidelines for osteoarthritis.</p> <p>GPs can make a clinical judgement to prescribe in certain cases.</p>
<p>Antifungal nail treatment</p>	<p>Systemic treatments are more effective, if antifungal treatment is indicated. See link for more information: <a href="http://patient.info/health/fungal-nail-infections-tinea-unguim">patient.info/health/fungal-nail-infections-tinea-unguim</a></p>	<p>In exceptional cases it can be used for children on the recommendation of a podiatrist.</p>
<p>Herbal supplements &amp; homeopathic medicines</p>	<p>There is a limited evidence base and a lack of robust randomised controlled trials directly comparing them with standard treatments. Some are also associated with severe adverse effects, they may significantly interact with other medicines and can delay accurate diagnosis of underlying pathology. None reviewed by NICE recommend their use.</p> <p>Pregnant women are advised not to use these medicines.</p>	<p>Herbal products with a marketing authorisation, reviewed upon request by a consultant or GP prescribing lead.</p>
<p><b>Self Care products</b></p>		
<p>Paracetamol, Ibuprofen and aspirin for simple short-term common ailments.</p>	<p>All over the counter pain relief containing paracetamol and/or aspirin and/or ibuprofen. Short courses of analgesia for acute common ailments can be purchased over the counter at a pharmacy. A community pharmacist can offer support with advice and guidance to promote self care.</p> <p>A patient information leaflet about fever in children can be found at: <a href="http://eastleicestershireandrutlandccg.nhs.uk/your-health/local-services/self-care">eastleicestershireandrutlandccg.nhs.uk/your-health/local-services/self-care</a>.</p>	<p>Patients who require regular paracetamol/ibuprofen/aspirin for long term conditions may be exempt.</p> <p>GPs can make a clinical judgement to prescribe in certain cases.</p>
<p>Indigestion remedies</p>	<p>Simple indigestion remedies can be purchased from pharmacies, supermarkets and other shops. See link for more information: <a href="http://patient.info/health/antacids">patient.info/health/antacids</a>.</p>	<p>GPs can make a clinical judgement to prescribe in certain cases.</p>

Antihistamines for hayfever	Hayfever symptoms can be self-treated and do not need the intervention of a GP or nurse. A community pharmacist can support with advice, treatment selection and guidance. Several products are now available over the counter for less than the cost of a prescription. More information can be found in the leaflet at: <a href="http://eastleicestershireandrutlandccg.nhs.uk/your-health/local-services/self-care">eastleicestershireandrutlandccg.nhs.uk/your-health/local-services/self-care</a> .	Where GPs make a clinical judgement to prescribe in certain cases.
Medicated shampoo	Can be purchased over the counter at a pharmacy for dandruff and some scalp conditions.	None.
Sunscreen	If you are not eligible for sunscreens on prescription under the approved indications on the NHS then you can purchase an appropriate sunscreen over-the-counter in a pharmacy or supermarket. A patient leaflet can be found at <a href="http://eastleicestershireandrutlandccg.nhs.uk/your-health/local-services/self-care">eastleicestershireandrutlandccg.nhs.uk/your-health/local-services/self-care</a> .	Patients sensitive to light, or with certain skin conditions (such as vitiligo) may have sunscreen prescribed. Prescribing for other indications is not permitted on an NHS prescription. It is at the discretion of the GP to prescribe.
Mouthwash & mouth ulcer treatment	Can be purchased over the counter at a pharmacy.	Terminal care.
Travel Vaccines	Vaccinations not allowed on the NHS should not be prescribed or supplied on the NHS for travel purposes. For more information visit: <a href="http://nhs.uk/Conditions/Travel-immunisation/Pages/Introduction.aspx">nhs.uk/Conditions/Travel-immunisation/Pages/Introduction.aspx</a> and there is also a leaflet available at: <a href="http://eastleicestershireandrutlandccg.nhs.uk/your-health/local-services/self-care">eastleicestershireandrutlandccg.nhs.uk/your-health/local-services/self-care</a> .	None.

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