Dear pharmacist colleague

The governing bodies of Barking and Dagenham, Havering and Redbridge Clinical Commissioning Groups (CCGs) agreed last year to no longer fund certain treatments and procedures as we look to make essential savings for the local NHS.

As a result, the local NHS no longer funds a range of medicines.

The governing bodies supported recommendations by the clinical steering group and agreed to stop prescribing some over the counter medicines in two phases (from July 2017 and January 2018). Specifically these are:

* Anti-malarial medicine
* Threadworm medicine
* Sleeping tablets (over the counter, for short-term use)
* Hay fever medicine (for mild to moderate symptoms)
* Travel sickness medicine
* Vitamin D supplements (maintenance only – Vitamin D deficiency will still be treated)
* Probiotic supplements
* Bath oils, shower gels and shampoos
* Skin rash remedies (severe conditions such as psoriasis will still be treated)
* Sunscreens (except for those undergoing cancer treatment or with specialist skin conditions).
* Gluten-free products - e.g. bread
* Medicines for dental conditions – e.g. mouthwashes, toothpastes
* Head lice and/or scabies medication
* Muscle rub creams such as Deep Heat and Tiger balm
* Omega 3 and other fish oil supplements
* Multivitamin supplements
* Eye vitamin supplements
* Colic remedies for babies
* Cough and cold remedies
* Paracetamol and ibuprofen (except in solution for children if appropriate)
* Soya-based formula milk

We know that some pharmacists re-order and manage prescriptions on behalf of patients, so it is important that you are aware that the local NHS will no longer fund the medicines listed above.

Please do not order repeat meds for anything on the list. Patients should be asked to self-care and purchase necessary remedies OTC if they still wish to use them.

Please note that neither the CCGs or meds management teams are able to take phone calls from patients about the changes. GPs across our area have been provided with letters and other information to help explain the changes to patients.

A full breakdown of the changes is available on our CCG websites:

[www.barkingdagenhamccg.nhs.uk/spending-wisely](http://www.barkingdagenhamccg.nhs.uk/spending-wisely)

[www.haveringccg.nhs.uk/spending-wisely](http://www.haveringccg.nhs.uk/spending-wisely)

[www.redbridgeccg.nhs.uk/spending-wisely](http://www.redbridgeccg.nhs.uk/spending-wisely)

We very much appreciate your support in adhering to the CCG’s decisions and subsequent changes to some previously prescribed medicines.

**Barking and Dagenham, Havering and Redbridge Clinical Commissioning Groups**