

# START WELL CHOOSE WELL STAY WELL

**NHS**

**Rotherham**  
Clinical Commissioning Group

## SELF CARE

The NHS spends around **£569 million** each year on a wide range of medicines which can be purchased from community pharmacies, supermarkets and other retail outlets.

In 2018, NHS England issued national guidance on 'over the counter (OTC) products' which should **NOT** be prescribed to ensure long-term sustainability of the NHS. This guidance encourages people to self-care for minor self treatable and/or self-limiting conditions which will get better with time.

**GP practices no longer prescribe medicines that are available to buy over the counter**



## DID YOU KNOW?

**The cost to the NHS for many of these medicines is often much higher than the price for which they can be purchased over the counter and you can get them without seeing your doctor.**

For further information see our leaflet or visit the CCG website [www.rotherhamccg.nhs.uk](http://www.rotherhamccg.nhs.uk)