



Support your local NHS

The NHS in Solihull CCG spends an estimated £500,000 every year on prescribing medicines that can be bought over the counter. This money could be used to pay for:

- 71 hip replacements
(1 hip replacement costs £7,000)
OR
- 107 knee replacements
(1 knee replacement costs £4,680)
OR
- 27,778 drug treatment courses for dementia
(1 month's course of treatment costs £18)

Over the counter medicines are often cheaper than a NHS prescription charge

Visiting your local pharmacist is convenient; it could save you time and money, and help us to make more of local NHS resources and services.

Ask your local pharmacy for more information or visit:
<http://www.nhs.uk/Livewell/Pharmacy/Pages/Commonconditions.aspx>

ASK YOUR LOCAL PHARMACIST



40% of GP appointments are for common conditions or minor ailments that could be treated with self-care at home

75% of hospital emergency visits are for common conditions or minor ailments that could be treated with self-care at home

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40% of GP appointments and 75% of hospital emergency visits are for minor ailments that could be treated with self-care.

Common conditions and minor ailments such as hayfever, aches and pains, colds and flu are generally not a serious health problem for many patients. However, you might want help and advice on the best treatment to relieve your symptoms fast and effectively.

Ask your local pharmacist

Your local pharmacist is accessible and convenient. He or she has the knowledge and skills to help and advise you on treating common conditions and minor ailments, what to keep in your medicine cabinet and local services that are available to you.

There is no need for an appointment to speak to the pharmacist, just pop in anytime - they will be happy to help you. Pharmacies can be found in local communities, on the high street, in some supermarkets and shopping centres. Many are open late nights and at weekends, which is convenient for people who work and if you or any member of your family feel unwell at the weekends.

The pharmacist will be able to advise you on the most suitable action for you to take. This might mean that you do not need to see a doctor, but can buy a treatment to self-care for your condition at home. This is generally

cheaper than an NHS prescription charge. This could mean that you save time and money and start to feel better quicker.

Self-care for common conditions and minor ailments will also mean that your GP has more time and it will be easier to get an appointment with them when you have a more serious or complex condition.

You may not need a prescription from your GP for coughs and colds - muscular pain - sprains and strains - sore throat - teething - hayfever and allergies - colic - sleep problems - skin rashes - travel sickness - heartburn and indigestion - threadworm - upset stomach - head lice - diarrhoea - scabies - constipation - athlete's foot - cold sores - haemorrhoids - fungal skin and nail infections - ringworm - aches and pains - toothache - conjunctivitis - headache and migraine - eczema

Your doctor may advise you to buy some of the common over the counter treatments for the above conditions rather than giving you a prescription. **These are often cheaper to buy than the charge for a prescription.**