

## Position statement on the prescribing for oral thrush in patients over 1 year old

Following the NHS England guidance 'Conditions for which over the counter items should not routinely be prescribed in primary care: Guidance for CCGs' (March 2018) the following changes to prescribing have been agreed across Barking and Dagenham, Havering and Redbridge.

**From 16 March 2021**  
**Barking and Dagenham, Havering and Redbridge Clinical Commissioning Groups (BHR CCGS) no longer supports the prescribing of treatment for oral thrush**

### **Decision**

The decision to stop treatment for oral thrush applies to ALL patients across Barking and Dagenham, Havering and Redbridge unless the patient fall into one of the exceptions listed below.

If symptoms are not improving or responding to treatment, then patients should be encouraged to seek further advice from a pharmacy, NHS app, NHS website or NHS 111. For care home patients: access to treatment should be considered via a care home policy.

### **Exceptions**

BHR CCGs have agreed exceptions to this recommendation, where they accept that prescribing should continue in primary care for:

- Babies who have poor swallowing function e.g. babies who are pre-term
- Pregnancy or breastfeeding
- Immunocompromised
- Patients with cancer
- Care home residents
- Patients with dementia
- The clinician considers that the patient's ability to self-manage is compromised as a consequence of significant vulnerability to the extent that their health and/or wellbeing could be adversely affected, if reliant on self-care. Consideration should also be given to safeguarding issues

### **This decision was made because:**

- Oral thrush is a minor condition that can be treated with over the counter miconazole oral gel purchased from a pharmacy
- For advice on prevention please refer to [NHS website](#)
- It is common in babies, older people with dentures or those using steroid inhalers.
- BHR CCGs have a duty to spend taxpayer's money wisely, to make sure they get the best value possible – especially when NHS funding is being severely squeezed and more patients are being seen with more complex health issues than ever before

## References

1. NHS website: oral thrush (mouth thrush) - last reviewed: 8 July 2020. Page accessed 23 April 2021 <https://www.nhs.uk/conditions/oral-thrush-mouth-thrush/>
2. NHS England and NHS Clinical Commissioners. Conditions for which over the counter items should not routinely be prescribed in primary care: Guidance for CCGs, March 2018. Publishing approval reference 07851  
<https://www.england.nhs.uk/publication/conditions-for-which-over-the-counter-items-should-not-routinely-be-prescribed-in-primary-care-guidance-for-CCGs/>