

Position statement on the prescribing of infantile colic remedies

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 9 November 2021
North East London Clinical Commissioning Group (NEL CCG),
Barking and Dagenham, Havering and Redbridge Integrated Care
Partnership (BHR ICP) no longer supports the prescribing of
infantile colic remedies

Decision

The decision to stop the short term prescribing infantile colic remedies applies to ALL infant patients across Barking and Dagenham, Havering and Redbridge. BHR ICP have agreed NO exceptions to this recommendation

Infantile colic remedies include simeticone, dimeticone, lactase enzyme, gripe water containing products

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. 'Red flag' symptoms should be referred and treated appropriately.

This decision was made because:

- The most useful intervention for infantile colic is support for parents and reassurance that infantile colic will resolve
- There is a lack of evidence around the use of these preparations
- Infantile colic remedies are readily available for purchase in community pharmacies, supermarkets and many other retail stores. If the patient wishes to use these remedies then they can be sign-posted to pharmacies for further advice, where appropriate
- NEL CCG BHR ICP 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: Colic – last reviewed 9 November 2018. Date accessed 14 September 2021 <https://www.nhs.uk/conditions/colic/>
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/>