



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

Dear

**NHS Number:**

**Changes to local NHS prescribing**

In order to protect funding for our most essential health services – things like cancer care, emergency care, life threatening conditions and mental health services, GPs across Barking and Dagenham, Havering and Redbridge are stopping prescribing some medicines.

We are writing to you because you have been prescribed one or more of these medicines in the past. You will see that there are some exceptions, and these are listed below.

From **10 July 2017** your GP will no longer be able to prescribe any of the following medicines/products on the NHS:

- Gluten-free products - e.g. bread
- Medicines for dental conditions – e.g. mouthwashes, toothpastes
- Head lice and/or scabies medication
- Deep Heat/Tiger balm and other Rubefacient or ‘muscle rub’ creams
- Omega 3 and other fish oil supplements
- Multivitamin supplements
- Eye vitamin supplements
- Colic remedies for babies
- Cough and cold remedies
- Paracetamol and ibuprofen
- Soya-based formula milk
- Travel vaccinations: We are no longer funding hepatitis A and B combined, hepatitis B, meningococcal meningitis, Japanese encephalitis, rabies, tick-borne encephalitis, TB or yellow fever jabs.

**Exceptions**

The above does not apply to:

- Patients with chronic pain (paracetamol and ibuprofen)
- Children (paracetamol and ibuprofen can still be prescribed in liquid form)

- Travel vaccinations still funded: cholera, diphtheria, polio and tetanus booster, hepatitis A, typhoid.

### **Why are we doing this?**

Like many areas across the country, we are faced with some very difficult choices to protect NHS funding for essential health services. The care and treatment that we provide every day for patients is funded by taxpayers' money. That's why we have to spend it wisely, to make sure we get the best value we possibly can for every penny – especially when NHS funding is being severely squeezed and we are seeing more patients with more complex health issues than ever before.

To protect essential services in our area we have to make savings of **£55million** and we must look at reducing spending now. Local clinical commissioning groups (CCGs) recently held an eight week public consultation talking about some of the things we thought we could save money on. Local people agreed with most of our proposals.

Unfortunately, no change is not an option, and it's up to us – with the public's help - to get the local NHS onto a secure and sustainable footing to make sure we can maintain those vital services for you and your families. This may well mean that you will not get some medicines you've previously had on the NHS.

The areas of NHS spend listed above add up to around savings of **£3million** a year. These are services and treatments that aren't life threatening, as we want to make sure that local people will always be able to get treatment for conditions like cancer, heart disease and serious mental illness.

We know some of these decisions won't be popular, but we have to look at where we can save money so we can protect priority, lifesaving services for all.

A full breakdown of the proposals and what was approved is available on our 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)

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