

Lambeth Position Statement

Items Available Over the Counter for Self-Care

The prescribing of items available over the counter (OTC) for self-care is NOT supported by South East London CCG prescribers in line with NHS England's [national guidance](#) on Conditions for which over the counter items should not routinely be prescribed in primary care: Guidance for Clinical Commissioning Groups (CCGs).

Please refer to the [South East London Integrated Medicines Optimisation Committee Position Statement](#) for items available over the counter for self-care (PS-013) January 2019, for details of which OTC items are no longer prescribed for minor health conditions and exceptions to the guidance.

Additionally, in line with our local consultation on OTC items no longer for routine prescribing as NHS Lambeth CCG in July 2017, Lambeth does not support the routine prescribing of OTC items for the management of scabies and vaginal thrush.

General information and resources to support people to self-care:

- NHS England Prescribing of over the counter medicines is changing: patient leaflets <https://www.england.nhs.uk/publication/prescribing-of-over-the-counter-medicines-is-changing/>
- NHS - Why can't I get a prescription for an over-the-counter medicine? <https://www.nhs.uk/common-health-questions/medicines/why-cant-i-get-prescription-over-counter-medicine/>
- NHS - Your medicine cabinet <https://www.nhs.uk/live-well/healthy-body/your-medicine-cabinet/>

References:

- NHS England and Improvement Conditions for which over the counter items should not routinely be prescribed in primary care: Guidance for Clinical Commissioning Groups (CCGs) <https://www.england.nhs.uk/publication/conditions-for-which-over-the-counter-items-should-not-routinely-be-prescribed-in-primary-care-guidance-for-ccgs/>
- South East London Integrated Medicines Optimisation Committee Position Statement for items available over the counter for self care (PS-013) January 2019 https://selondonccg.nhs.uk/wp-content/uploads/dlm_uploads/2021/09/APC-Position-Statement-PS-013-Self-Care-FINAL-February-2019.pdf
- NHS Lambeth Clinical Commissioning Group Governing Body 05 July 2017 - Proposals for local guidance on NHS prescribing in Lambeth *Papers available on request.*
- Lambeth Clinical Commissioning Group Position Statement for Prescribing Preparations Available to Purchase Over the Counter (OTC) for Self Care. Published September 2017, last updated January 2018. *Position Statement available on request.*