

## Do you really need to see a doctor for your medicine?

If you are waiting to see your doctor for any of these medicines you might not be given a prescription:

Pain killers for minor aches and pains  
Hay fever preparations  
Cough and cold remedies  
Tonics and health supplements  
Treatments for short term constipation or diarrhoea  
Creams, gels and Tubigrip for sprains and sports injuries  
Antiperspirants  
Head lice lotions and shampoos

Threadworm tablets  
Creams for bruising and varicose veins  
Lozenges, throat sprays  
mouthwashes and gargles  
Treatments for mild acne  
Ear wax removers  
Athlete's foot creams and powders  
Barrier creams for nappy rash  
Moisturisers & bath additives for minor dry skin conditions

### Why?

- > Last year\* in Bucks alone, we spent nearly £2million on these medicines. We want to use this money more effectively to help patients with conditions such as cancer or heart disease.
- > You can buy the products listed above cheaply and easily from pharmacies, shops and supermarkets, which have convenient opening times.
- > Pharmacists are fully qualified to provide advice on these medicines, so you don't need an appointment to see a doctor. This will allow doctors more time to help patients who have complex health complaints.

**The NHS has limited resources.  
Please help us use them more effectively.**