

# Changes to Paracetamol prescribing

In 2015/16 West Leicestershire Clinical Commissioning Group spent almost £500,000 on prescribed paracetamol, however paracetamol is readily available to buy at pharmacies and other retailers at a very low cost.

## When should I use a pharmacy or other retailers for paracetamol?

You should think about going to a pharmacy or other retailers for paracetamol instead of your GP for minor ailments such as:

- Headaches/migraines
  - Earache
  - Colds
  - Fever
  - Toothache
  - Cuts
  - Teething
- Sinus pain congestion
  - Aches and pains
  - Sprains and strains
  - Sore throat
  - Period pain
  - Bruising



## Who will be able to advise me on minor ailments?

Community pharmacists are best placed to help and advise you regarding suitable treatments for minor ailments. Using your community pharmacist will save on GP appointment time and allow them to deal with more urgent problems. However if you are worried you can still make an appointment to see your GP.

For more information on taking paracetamol, please visit the NHS Choices website at <http://www.nhs.uk/Conditions/Painkillers-paracetamol>

**Be prepared, keep paracetamol in your medicine cabinet at home.**

## What if I need paracetamol for Chronic Pain Management?

If you are taking paracetamol regularly as part of a chronic pain management plan then your GP will continue to prescribe these in the quantities appropriate for you.

To find out more about pharmacy opening times visit:

[www.westleicestershireccg.nhs.uk](http://www.westleicestershireccg.nhs.uk)

