

# Prescribing of over the counter medicines is changing

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From **October 2019**, your GP, nurse or pharmacist will not generally give you a prescription for over the counter medicines for a range of minor health concerns.

Instead, over the counter medicines are available to buy in a pharmacy or supermarket in your local community.

The team of health professionals at your local pharmacy can offer help and clinical advice to manage minor health concerns and if your symptoms suggest it's more serious, they'll ensure you get the care you need.

**Please help the NHS to use resources sensibly.**

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## Finding more information and support

Visit the NHS website [nhs.uk](https://www.nhs.uk) for more information and advice on treating minor health concerns.

Find out more about this change to prescription policy at:  
[nhs.uk/OTCmedicines](https://www.nhs.uk/OTCmedicines)