

July 2017

Changes to what your GP can prescribe on the NHS

So that we can protect funding for the most essential NHS services for local people – things like emergency and cancer care – maternity and mental health services, your local NHS has stopped funding and prescribing some medicines and procedures.

Your GP can no longer give you an NHS prescription for:

- Gluten-free products – e.g. bread
- Medicines for dental conditions – e.g. mouthwashes, toothpastes
- Head lice and/or scabies medication
- Muscle rub creams such as Deep Heat and Tiger balm
- Omega 3 and other fish oil supplements
- Multivitamin supplements
- Eye vitamin supplements
- Colic remedies for babies
- Cough and cold remedies
- Paracetamol and ibuprofen (except in solution for children if appropriate)
- Soya-based formula milk

Travel vaccinations

Your GP can no longer provide these travel jabs on the NHS: Hepatitis A and B combined, hepatitis B, meningococcal meningitis, Japanese encephalitis, rabies, tick-borne encephalitis, TB, yellow fever.

IVF

The local NHS can now only fund one embryo transfer as part of IVF instead of three, for women aged 23-39 only. We have stopped funding IVF for women aged 40-41 altogether.

Weight loss surgery

The local NHS will now only fund weight loss surgery for those patients with a BMI of 35 or above **and** who also have type 2 diabetes.

Why are we doing this?

The care and treatment that we provide every day for you and your family is funded by taxpayers' money – your money – and we have a duty to spend it wisely. In our area we have to save **£55million** so we must look at reducing spending now. Your local NHS clinical commissioning group 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.

We know stopping some of these things won't be popular – we've had to make some tough decisions to protect services – and we hope our patients will understand that these changes have been made to protect funding for those essential services for all of us.

Barking and Dagenham, Redbridge and Havering clinical commissioning groups