**Practice letter head**

**Address & Tel**

**Private and Confidential**

**DATE**

**Dear Patient,**

In line with NHS England recommendations your GP, nurse or surgery pharmacist will no longer prescribe medicines which can be bought over-the-counter**.** These changes are because:

1. We want to help you learn to treat your common illnesses at home
2. This helps to free up your GPs’ and nurses’ time to see and treat you and others when you have more complicated illnesses
3. It means we get the best possible value for all Southwark patients from the funding we receive.

In the future you can visit your local pharmacy without the need to come into the surgery first. The pharmacist can give you advice on suitable treatment for common illnesses. The pharmacist will check the medicine is right for you and for your health problem and will advise you if you need to see a GP or nurse.

**You are advised to purchase the drug below from your local pharmacy:**

Please note that future supplies of this medicine will no longer be available on prescription.

If you need medical help, but it is not a life-threatening situation, you can call NHS 111 which is available 24 hours a day, 7 days a week.

If you want more information on how to look after yourself, you can visit the following website:

<http://www.selfcareforum.org/resources/patient-portal/>.

If you would like more information, please call the Patient Experience Team at South East London ICB on 020 8176 5330 or email [contactus@selondonics.nhs.uk](mailto:contactus@selondonics.nhs.uk)

Kind regards

GP Practice Name