



PATIENT INFORMATION LEAFLET

Ensuring NHS resources are used as  
effectively as possible for all our  
patients



# SOS (Stop Or Switch) prescribing list

Cambridgeshire and Peterborough CCG are always looking at ways to improve quality and make sure we get the best value and outcome for patients from limited NHS resources.

As part of a national NHS review of prescription medicines we have developed a local SOS (Stop Or Switch) prescribing list. This includes a number of medicines that we have recommended GPs should no longer prescribe to patients. These items have been included because they are:

- **Not clinically effective** – medicines where there is little evidence to support their use, or which are recognised as having limited clinical benefit or significant safety concerns.
- **Available without a prescription** – medicines that patients can buy easily over the counter at local pharmacies or shops, often at lower cost than to the NHS.
- **Not cost effective** – medicines that do not offer good value for money and alternative medicines may be available.



# How does this affect me?

If the SOS (Stop Or Switch) prescribing list includes an item that you currently have on prescription your GP will discuss what options are most suitable for you.

This could include switching to an alternative medicine, or your GP providing you with advice and guidance on how you can manage a specific condition without the need for a prescription medicine.

Any queries or complaints you have should be directed to the Patient Experience Team on:

- **Tel:** 0800 279 2535
- **Email:** [capccg.pet@nhs.net](mailto:capccg.pet@nhs.net)

The full SOS (Stop Or Switch) prescribing list is available to view online at [www.cambridgeshireandpeterboroughccg.nhs.uk](http://www.cambridgeshireandpeterboroughccg.nhs.uk)



# Staying well with self care

You can treat many common conditions and ailments such as colds, aches, pains, coughs, hay fever, and upset stomachs easily at home with basic medicines that are available at low cost from your pharmacy or supermarket - this is called self care.

Encouraging patients to self care not only helps to reduce pressure on GPs and save the patient time, but also saves the NHS money. For example, last year we spent millions prescribing medicines which can easily be bought over the counter at pharmacies, shops, or supermarkets.

## Pain relief (paracetamol)



**Cost to your local  
NHS £1.2m**

**Cost for you to buy:  
25p (16 tablets)**

## Heartburn and indigestion relief



**Cost to your local  
NHS £295,000**

**Cost for you to buy:  
£2 (200ml)**

## Upset stomach treatment



**Cost to your local  
NHS £1.1m**

**Cost for you to buy:  
£1 (six capsules)**

You can take simple steps such as stocking up on essential medicines to help you treat minor illnesses at home, helping you avoid unnecessary trips to your GP or A&E department. Medicine cabinet essentials include:

- pain relief (paracetamol)
- cold and cough remedies
- upset stomach treatment
- heartburn and indigestion treatment
- first aid kit

All of the above can be bought from your local pharmacy or supermarket without a prescription.

