

Important information if you receive bath or shower emollients on prescription

Using bath and shower emollients are not considered to be any more clinically effective than applying moisturiser directly onto your skin.

Over the past year your local NHS has spent approximately £43,000 on prescribing bath and shower emollients. We need to ensure that our resources for local patients are used in the most effective way and hence, knowing that these products are not clinically effective, we will no longer prescribe them.

Your GP will review your prescription and will stop prescribing shower and bath emollients to you.

Your GP may advise you to use an emollient cream or ointment which can be used instead of soap (except for Liquid and White Soft Paraffin 50:50 ointment). This may include an emollient cream or ointment that you are currently using which can be used for both washing in the bath or shower and applying regularly as a leave-on emollient.



If you prefer not to wash with your normal emollient, and would like to continue to use emollient shower gels or bath preparations then these are available for you to buy.

For further information please ask for a patient information leaflet.

NHS

**Cambridgeshire and
Peterborough**
Clinical Commissioning Group