

# Medicines for self-care

## Reducing unnecessary prescribing

In 2014, South Devon Torbay Clinical Commissioning Group spent almost £500,000 on medicines and supplies that had limited clinical value or were more suitable for patients to buy themselves.



Part of the self-care initiative involves reducing the prescribing of these medicines and supplies. Many of them are low cost and readily available from pharmacies.

You do not need to make an appointment to speak to your pharmacist, and many pharmacies are open in the evenings and at weekends.

Any consultation you have with the pharmacist will be confidential and discreet in a private area.

Some self-care medicines are also available from shops and supermarkets.

**You don't need a GP appointment,  
you can go straight to your local pharmacy**

Part of South Devon and Torbay Clinical Commissioning Group's  initiative

Driving quality, delivering value, improving your services

This leaflet has been produced by the medicines optimisation team at South Devon and Torbay Clinical Commissioning Group (CCG). If you have any questions, get in touch via:

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