

# Changes to paracetamol products available on prescription



The prescribing of paracetamol products for patients with what are known as “self-limiting” illnesses is changing. Self-limiting minor illnesses are those which get better on their own even if you don’t take any medication and have no long-term harmful effect on a person’s health, such as sore throats for all age groups or teething pain in babies.

Paracetamol is available to buy cheaply and easily over the counter at supermarkets, pharmacies and many other retailers. In 2015/16 the NHS spent £1.5 million on prescribing paracetamol for patients in Leicester, Leicestershire and Rutland.

With this in mind, we have looked at how we prescribe paracetamol so that we can ensure we continue to use our resources fairly.

## What does this mean for you?

We are no longer recommending that doctors prescribe paracetamol for any kind of minor illness which gets better on its own. This will include paracetamol in liquid form which is usually prescribed for babies and young children, as well as tablets.

To support this we are asking patients not to request paracetamol on prescription from their GP unless required for chronic pain management and to purchase it instead.

This won’t affect you if you are taking paracetamol regularly as part of a chronic pain management plan or paracetamol with codeine (co-codamol) only available on prescription. In this case your GP will continue to prescribe these in the quantities appropriate for you.

**Where can you find out more?**

For further information about the changes to the prescribing of paracetamol products and how we worked with patients to make these change, please ask your GP practice for the “frequently asked questions and answers” sheet or visit the West Leicestershire Clinical Commissioning Group website at [www.westleicestershireccg.nhs.uk](http://www.westleicestershireccg.nhs.uk).

To find out more about when we recommend taking paracetamol, please visit the NHS Choices website at <http://www.nhs.uk/Conditions/Painkillers-paracetamol>

