

#HELPMYNHS

TO GIVE ME THE BEST CARE

With many common ailments you can care for yourself using medicines bought over the counter at a pharmacy – and you won't need a prescription.

Easier, quicker, cheaper.



You don't always need to get a prescription from a GP for the medicine you need. Many can be easily bought over the counter at a pharmacy.

Pharmacists can assess your symptoms, advise you on how to care for yourself and help you buy the medicine you need. You don't need an appointment and many pharmacies are open late and at weekends.

Every year in Sussex and East Surrey we spend more than £10 million prescribing medicines and products that are easily available to buy over the counter. A pack of painkillers costs around 30p from a pharmacy, whereas the cost to the NHS is more than £35 (when all costs are included.)

Every £1 million saved on unnecessary prescriptions could fund around:

39 COMMUNITY NURSES
270 HIP REPLACEMENTS
66 TREATMENTS FOR BREAST CANCER

The NHS belongs to you so please use it responsibly – #HelpMyNHS

For more information on self-care and local NHS services, visit www.sussexhelpmy.nhs.uk / www.eastsurreyhelpmy.nhs.uk

