

Paracetamol

Please do not request paracetamol on prescription for short-term minor illnesses such as headaches, fevers, coughs and colds.

Lincolnshire Clinical Commissioning Groups spent over £1.2m on prescribed paracetamol last year. This is equivalent to 270 hip replacements, 39 more community nurses or 1,000 drug treatment courses for Alzheimer's.

Low cost generic paracetamol tablets are available in packs of 16 from supermarkets and other retailers costing 30p per pack or less. Wherever possible, we would prefer that you please purchase your own supplies.

However if you are prescribed paracetamol regularly for the treatment of a long-term condition such as arthritis, you can continue to request it on prescription.



The NHS belongs to you,
use it responsibly.

Hay Fever

Please do not ask for low cost generic antihistamines on prescription to treat your hay fever.

Lincolnshire Clinical Commissioning Groups spent almost over £200,000 on prescribed cetirizine 10mg and loratadine 10mg tablets last year. This is equivalent to 61 hip replacements, 9 more community nurses or 226 drug treatment courses for Alzheimer's.

Cetirizine 10mg and loratadine 10mg tablets are available in packs of 30 from supermarkets and other retailers costing as little as £1 per pack. Smaller quantities at a lower cost are also available. Wherever possible, we would prefer that you please purchase your own supplies.



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