

Stopping prescribing of:	Key messages for prescribers	Key messages for patients
Vitamins and Minerals (NHS England Guidance)	Patients should purchase their own vitamins and mineral. Exclusions: <ul style="list-style-type: none"> • A diagnosed deficiency. • Post bariatric surgery Ongoing review is recommended	National guidance – most people can get the essential nutrients from eating a healthy, varied and balanced diet. In most cases, dietary supplementation is unnecessary. If patients want to carry on taking a supplement, these are available pharmacies, supermarkets and health food shops at a low cost.
Maintenance Dose Vitamin D (NHS England Guidance)	Do not prescribe maintenance dose vitamin D. Exclusions: <ul style="list-style-type: none"> • Calcium and vitamin D for osteoporosis • Vitamin D analogues such as alfacalcidol 	National guidance, patients should purchase daily vitamin D supplements. These are widely available to buy from pharmacies, supermarkets and health food shops at a low cost.
Bath and Shower Emollients (NHS England Guidance)	Do not prescribe bath additives or shower emollients. For patients with diagnosed skin condition only you can prescribe an emollient to be used as a soap substitute in the bath or shower	National guidance – no longer recommended on prescription. Adults and children with a skin condition e.g. eczema or psoriasis, can be prescribed an emollient cream as a soap substitute instead
Hay fever (NHS England Guidance)	Do not prescribe over the counter products for mild to moderate hay fever or seasonal rhinitis. Exclusions include: <ul style="list-style-type: none"> • Nasal sprays for patients under 18 years old • Pregnant or breast feeding women 	National guidance -- patients (all ages) should purchase over the counter treatments. These are widely available to buy from pharmacies or supermarkets at a low cost.
Dry eye drops (NHS England Guidance)	Do not prescribe treatment for mild to moderate dry eye. Promote self-care measures such as good eyelid hygiene.	National guidance -- patients with mild to moderate dry eyes should encouraged to follow good eyelid hygiene measures, purchased their own eye drops which are available from pharmacies or supermarkets
Infant feeds (Local Guidance)	Only prescribe for infants with cow's milk protein allergy, prescribe an extensively Hydrolysed Formula (EHF) e.g. Alimentum Exclusions: <ul style="list-style-type: none"> • Pre-term formula should be use up to 6 months corrected age (i.e. 6 months EDD + 26 weeks) 	Specialist infant formula is only available for diagnosed cow's milk protein allergy or on the advice of a specialist. Infant milks for reflux disease, lactose intolerance are available from supermarkets at a similar cost to regular formula.
Change of brand	Key messages for prescribers	Key messages for patients
Safety needles (Local Guidance)	Safety needles should only be prescribed on FP10 for patients whose insulin is administered by a non-professional worker, e.g. family member Cost effective brands are Microdot Max or GlucoRx safety needles.	Change of preferred brand of safety needles. Not available on prescription for use by healthcare professionals or for self-administration.
Diclofenac gel (Local Guidance)	Where diclofenac is the preferred topical NSAID, prescribe diclofenac 1.16%, this is the prescription pack (POM). Do not prescribe diclofenac 2.32% (Voltarol 12 Hour Emulgel) this is the over the counter pack and is more than double the cost. Available to purchase from a pharmacy if patients prefer.	Diclofenac 1.16% is the prescription pack – needs applying 3 times a day. If 2.32% is required then this can be purchased from a pharmacy.
Insulin Glargine (Local Guidance)	Prescribe Semglee for patients requiring insulin glargine 100units/ml. Semglee is bioequivalent to Lantus and is the most cost effective brand. Excludes patients on Toujeo SoloStar or DoubleStar	Semglee is bioequivalent to Lantus – patients should not notice any difference in their treatment.