

# Paracetamol and Ibuprofen

**Do you really need a prescription for over-the-counter medicines like paracetamol and ibuprofen?**

In Northern Ireland we spend more than £8 million every year on medicines which can easily be bought in local pharmacies and other retail outlets.

This could pay for;



2500

More hip replacement operations

500

More treatments for breast cancer

250

More community nurses

Cost of a box of paracetamol (approx.)

**£0.50**

Total cost to the health service of a box of paracetamol from your GP ***on prescription***

**£35.00**

(Includes approx. costs of the medicine, processing the prescription and family doctor time)



When required for short-term minor illnesses, it is better for the health service if you buy these medicines without a prescription.

Talk to your local pharmacist if you need some advice. You don't need an appointment!



**Please** help us to make the best use of our health service.

# HAY FEVER medications

Items  
Recommended  
for patient  
Self –Care

Examples of products available to purchase from local pharmacies and other retail outlets

## Antihistamines

Loratadine	from £1.80 for 14 tablets	Available from pharmacies and other retail outlets
Cetirizine	from £1.80 for 14 tablets	

## Steroid Nasal Sprays

Beclometasone nasal spray	from £4.00	Available in pharmacies. For use in adults >18yrs
Fluticasone nasal spray	from £5.30	

## Eye Drops

Sodium cromoglicate eye drops	from £4.90	Available from pharmacies and other retail outlets
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Talk to your local pharmacist if you need some advice.  
You don't need an appointment!

*If you take care of the little things, your health service can keep taking care of you.*



# HAY FEVER and other allergies

Items  
Recommended  
for patient  
Self –Care

Medicines to treat hay fever and seasonal allergies are readily available to buy from local pharmacies and other retail outlets.



Have you thought about talking to your pharmacist about hay fever and allergies and buying what you need?

Prescribing readily available medication like antihistamines costs the health service millions every year, adding unnecessary strain to local GPs and the health service. Processing these prescriptions can cost 20 times the price of buying identical medication at your local pharmacy or retail outlet.

Before you speak to a GP, or make a request for a prescription, please talk to your pharmacist and see what's available over the counter.

*If you take care of the little things, your health service can keep taking care of you.*