

## **Position Statement on the Prescribing of Paracetamol in Somerset Clinical Commissioning Group (CCG)**

**Somerset CCG has made the prescribing of paracetamol for short term use in children and adults for minor conditions non formulary. The conditions listed below are examples of when paracetamol should be purchased by the patient/parent for their own self-care with appropriate advice if required.**

**This list is not exhaustive.**

- Headaches/migraine
- Earache
- Colds
- Fever
- Bruising
- Cuts
- Teething
- Period pain
- General aches and pains
- Toothache
- Sprains and strains
- Sore throat
- Sinusitis/nasal congestion
- Sports injuries
- Self-limiting musculoskeletal pain

### **The reasons for this are as follows:**

Patients have a responsibility to look after themselves and their children where possible and manage self-limiting minor ailments with support from their local pharmacy.

- Patients should keep a small supply of paracetamol in their own medicine cabinet so they are able to manage minor ailments at home. Paracetamol is widely available from all supermarkets and pharmacies at low cost.
- Many patients do not take paracetamol as it is prescribed which results in excess quantities being stockpiled. Not only is this a waste of NHS money but it is also dangerous.
- Paracetamol is approximately four times more expensive when it is prescribed on the NHS compared to when it is purchased in pharmacies or supermarkets.
- The NHS belongs to everybody and the CCG must ensure that its resources are used in the best possible way for all patients.