

Getting medicines and vitamins from your pharmacy or supermarket

Easy
read



Why should I go to a pharmacy or supermarket instead of my GP?



You can get many medicines and vitamins without a prescription.



This is easier, and quicker for you because you can go to your local pharmacy or supermarket.



It is quicker, because you do not need to book an appointment or wait for a prescription to be ready.

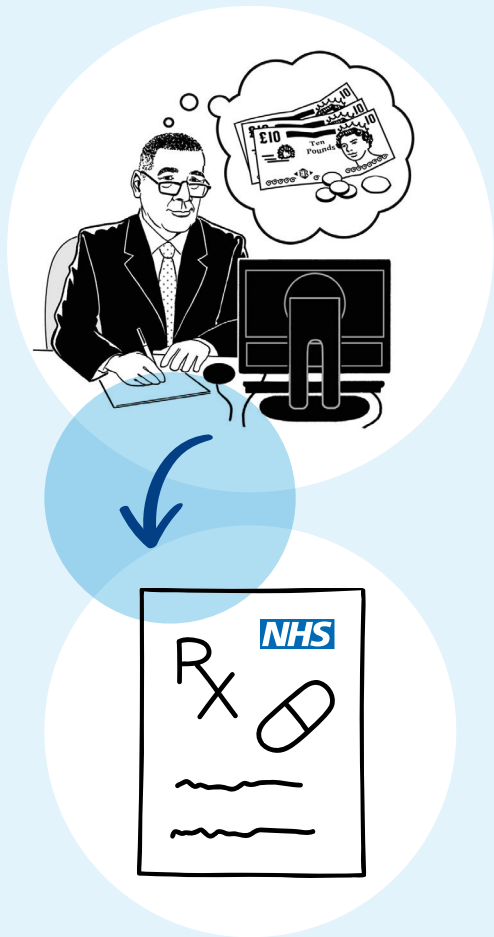


This will help your local NHS to spend money on services and treatments that are needed most. Such as ambulances, cancer care, and maternity services.

Why can I not get some medicines and vitamins from my GP any more?



NHS England has said that GPs should stop **routinely prescribing** some medicines and vitamins. This means they may only prescribe them for a special reason.



This is because prescribing medicines and vitamins cost the NHS billions of pounds every year.



If you cannot get to a supermarket or pharmacy, ask a friend, family member or carer. Most supermarkets can take online orders and deliver to you at home.

How else can pharmacies help me?



You can ask the pharmacist for advice on what to buy. This might be:

- vitamins
- medicines
- creams for dry skin
- drops or ointments for dry eyes.



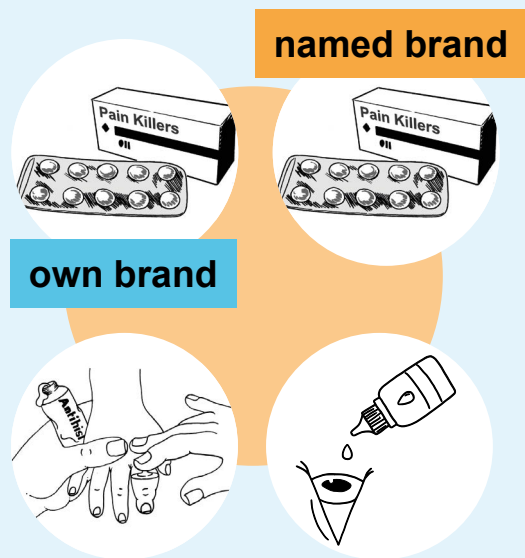
Many pharmacies are open in the evenings and at the weekends.



To find your nearest pharmacy, visit the NHS website:

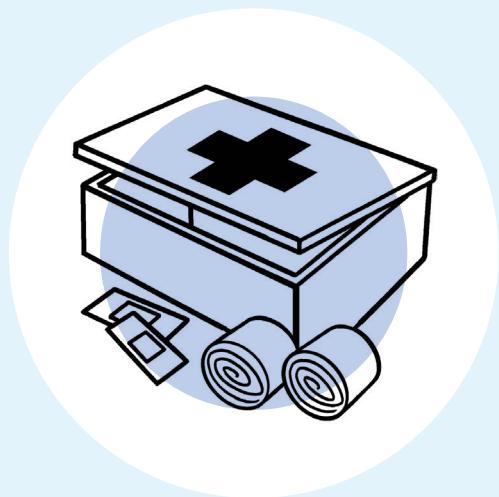
www.nhs.uk/service-search/pharmacy/find-a-pharmacy

Are these medicines and vitamins as good as the ones from my GP?

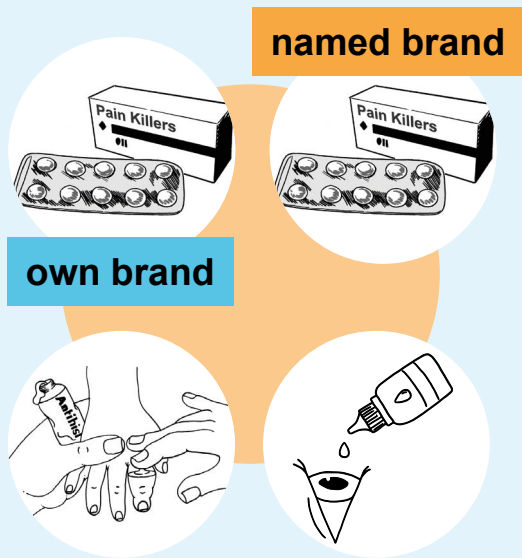


The own-brand medicines and vitamins you can get from a pharmacy or supermarket work just the same as the named brands. They usually have the same ingredients, and often cost a lot less.

Should I keep a stock of medicines at home?



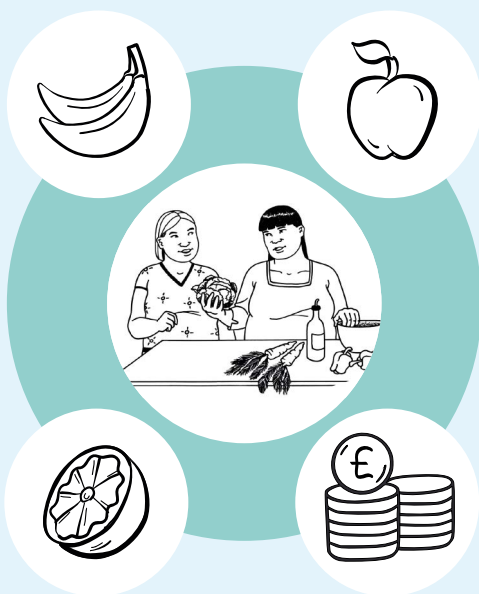
It is good to keep a stock of medicines at home in case of any minor illnesses, injuries or allergic reactions.



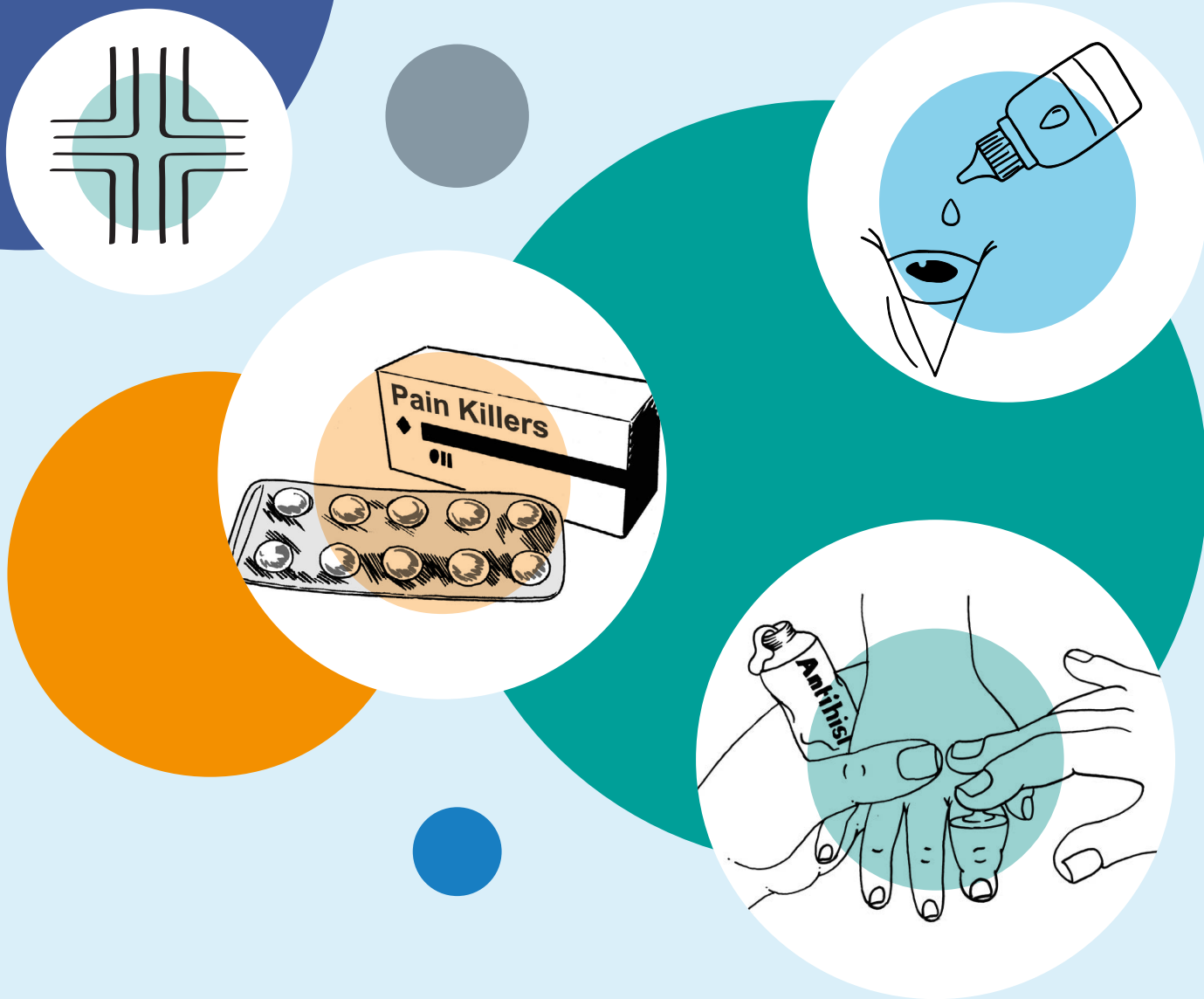
These basic items cost only a few pounds each:

- Paracetamol
- Diarrhoea relief
- Constipation relief
- Creams for dry skin
- Drops or ointments for dry eyes
- Allergy medicine
- Cough medicine
- Vitamins.

How else can I get the vitamins I need?



Another simple and cheap way to get the important vitamins you need is eating healthy foods and having a varied diet. You can buy packs of fruits and vegetables like bananas and carrots for less than £1.



Produced by [NHS Arden](#) and [Greater East Midlands Commissioning Support Unit](#) and [NHS Midlands and Lancashire Commissioning Support Unit](#)

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