

Position Statement on the Prescribing of Paracetamol in Ipswich and East Suffolk Clinical
Commissioning Group

Ipswich and East Suffolk CCG does not support the prescribing of paracetamol for short term use in children and adults. The conditions listed below are examples of when paracetamol should be purchased by the patient/parent.

This list is not exhaustive.

- Headaches/migraine
- Earache
- Colds
- Fever
- Bruising
- Recovery after a medical procedure/operation
- Cuts
- Teething
- Period pain
- General aches and pains
- Toothache
- Self limiting musculoskeletal pain
- Sprains and strains
- Sore throat
- Sinusitis/nasal congestion

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 if needed.
- 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. Taking slightly more than the recommended dose of paracetamol can be fatal.
- 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.

Patient queries or complaints

Any patient queries or complaints should be directed to PALS 0800 389 6819 or PALS@Suffolk.nhs.uk