



NHS

Ipswich and East Suffolk
Clinical Commissioning Group

HAY FEVER

and other allergies

Restricted
NHS items -
Do not ask
your GP to
prescribe

Medicines to treat hay fever and seasonal allergies are readily available to buy from pharmacies and supermarkets.



Your GP or nurse will no longer routinely prescribe tablets, eye drops or nasal sprays for hay fever.

In 2015/16 your NHS locally still spent **£168,815** on these items, money which could have been used to support local NHS services.

They are cheaper to you than the NHS, which has to pay for practice time and administration fees on top of the drug price.

Remember:

- Keep a supply of simple treatments in your medicine cabinet to help keep you and your family healthy.
- Your local pharmacist is fully qualified to answer any questions on medicines use and is easily accessible. They can also provide treatments for a wide range of conditions.

**LOVE
YOURSELF
LOVE
YOUR NHS**