

# The Mounts

## Mouth piece

Spring 2022 Medication Edition

### Over the counter medication



In 2017 NHS England launched a campaign to reduce the amount of money spend on medication that do not require a prescription. Your clinician will not give you a prescription for

certain medicines that are available to buy in a pharmacy or supermarket, even if you qualify for free prescriptions.

The team of health professionals at your local pharmacy can offer help and clinical advice to manage minor health concerns, if your symptoms suggest it's more serious, they'll ensure you get the care you need. Please take the clinician advice and help us to help you.

### Repeat prescriptions.

Following the guidance from NHS England and Northampton CCG the surgery will be no longer be taking prescription requests over the telephone. To order your medication you will need to either register for online services, post your request to the practice or drop your request in the white box in the waiting room.

If you do not have online service but would like to register visit our website.

[www.themountsmedicalcentre.nhs.uk](http://www.themountsmedicalcentre.nhs.uk)

(This does not apply to those patients who are housebound or vulnerable. If this applies to you, your chosen chemist can continue to order for you. )



### Hay Fever advice

That time of year is fast approaching were you may start to feel symptoms of Hay fever. This can make you feel tired and give you symptoms such as sneezing, a runny or blocked nose, itchy, red or watery eyes, and headaches. You do not need to see your GP for theses symptoms, there are many medication available over the counter at your local pharmacy or supermarket. Examples of medication you can buy :

- Antihistamine tablets containing cetirizine, loratadine
- Antihistamine liquids containing chlorphenamine, loratadine or cetirizine
- Eye drops containing sodium cromoglicate
- Nasal sprays containing beclometasone, fluticasone or triamcinolon

Ask your pharmacist for advice if you are unsure.

### Healthier together website and App

The royal college of paediatrics and child health have released a free app that give's Parent's lots of help and advice, from breastfeeding to child illness. The NHS Healthier Together app has been designed to allow easy access to information.

If you are seeking help when your GP surgery is shut, it will direct you to NHS 111.

<https://what0-18.nhs.uk/> or go the app store in your phone.



