



Cornwall and Isles of Scilly

04 March 2024

**NHS Cornwall and Isles of Scilly
integrated care board**

Part 2S
Chy Trevail
Beacon Technology Park
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Bodmin
PL31 2FR

Tel: 01726 627800

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Dear sir or madam

Requests for GPs to prescribe over the counter (OTC) preparations

We are contacting all local opticians regarding requests to GP practices to prescribe preparations which can be purchased over the counter.

NHS England has issued [guidance on conditions for which over the counter items should not routinely be prescribed in primary care](#) (Gateway approval number 07851). NHS Cornwall and Isles of Scilly integrated care board supports this advice and supports surgeries in Cornwall to be guided by it.

Section 4.3.4 of the document discusses dry eyes/ sore tired eyes and advises that a prescription for treatment of dry or sore eyes should not routinely be offered in primary care as the condition is appropriate for self-care and appropriate products can be purchased over the counter in pharmacies and some supermarkets. For the treatment of blepharitis, we would direct patients to the [nhs.uk patient treatment page](#). We would not usually expect general practice to be asked to prescribe for either of these conditions, unless there is a clinical reason it is not appropriate to manage with self-care.

Suggestions on choices for mild, moderate and severe dry eye can be found on the [community prescribing guidelines for dry eye management](#) on the formulary website. Where prescribing is indicated, GP practices are encouraged to adhere to formulary choices.

We appreciate your understanding and support in this matter.

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Call us on 01726 627 800

Email us at ciosicb.contactus@nhs.net

Visit our website: cios.icb.nhs.uk



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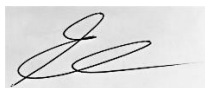
Chair: John Govett

Chief executive officer: Kate Shields

Yours sincerely



Kirsty Lewis
Acting director of primary care



Marco Motta
Head of prescribing



Dr Chris Reid
Chief Medical Officer