



Mann Cottage Surgery

A Guide to 28-Day Prescribing

What is the reason for 28-day prescribing?

28-day prescribing is recognised by the NHS as making the best possible balance between patient convenience, good medical practice, and minimal medicine wastage.

What does 28-day prescribing mean for you?

When you are being prescribed a repeat medicine, your doctor prescribes enough of each medicine to last you for 28 days. For example, if you are taking 2 tablets a day you will receive 56 tablets, 3 tablets a day 84 tablets, 4 tablets a day 112 tablets etc.

Are there any exceptions?

A few medicines are unsuitable for 28-day prescribing. Examples include some inhalers, insulin vials, oral contraceptives, and hormone replacement therapy.

Weekly (7 day) prescribing

Decisions to prescribe to a shorter interval than 28 days may be made due to clinical or safety reasons. When a new medicine is prescribed, it might be prescribed for 7 or 14 days to check that it works or if there are any unwanted effects.

28-day prescribing is appropriate for patients using a multiple compartment compliance aid unless there is a clinical or safety reason for weekly (7 day) prescribing.

What are the benefits of 28-day prescribing?

- You will always start (and finish) each medicine on the same day of the week so will reduce the likelihood of you running out of one of your medicines.
- It will be easier for your doctor to review all the repeat medicines you are taking and to see if you might be having problems with any of your medicines.
- Companies manufacture many medicines in 28-day 'calendar packs' that show the day of the week on the packaging. This packaging allows you to check that you have taken your medication each day. These packs also have patient information leaflets inside.
- 28-day prescribing reduces the amount of medicine which is wasted when medicines are stopped or changed by doctors.

What about cost?

Most patients collecting repeat prescriptions do not pay prescription charges.

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If you pay prescription charges a Prescription Prepayment Certificate (PPC) will save you money if you have more than 3 prescription items in 3 months or more than 11 prescription items in 12 months.

More details can be found on the NHS Website at <https://www.nhs.uk/nhs-services/prescriptions-and-pharmacies/save-money-with-a-prescription-prepayment-certificate-ppc/>

Ordering your Repeat Prescriptions

Repeat prescriptions can be ordered via the **NHS App**. Visit <https://www.nhs.uk/nhs-app/> for more information or speak to your GP practice.

What about holidays and travelling abroad?

You may receive prescriptions to cover your time abroad. This is at the discretion of the surgery **but must be for no longer than three months.**

- For patients leaving the country for more than 3 months, they should be advised to register with a local doctor for their continuing medical needs. It is reasonable for GPs to provide sufficient medication to give patients time to do this.
- GPs are not required by their Terms of Service to provide prescriptions for the treatment of a condition that is not present and may arise while the patient is abroad.
- The NHS accepts responsibility for supplying ongoing medication for temporary periods abroad of **up to 3 months.**
- If a person is going to be abroad for more than three months then all that the patient is entitled to at NHS expense is a sufficient supply of his/her regular medication to get to their destination, where they should then find an alternative supply of that medication.

If you plan to travel abroad with medicines, it is important that you check the rules for the country you're going to before you travel. Visit <https://www.travelhealthpro.org.uk/factsheet/43/medicines-and-travel> or <https://www.gov.uk/take-medicine-in-or-out-uk> for more information.

Summary

- 28-day prescribing has important benefits for patients.
- All medicines should last for the same number of days. If you are running out of some items or have too much of some medication, please tell the GP Practice.
- Do not stockpile medicines at home; only order items that you need.
- Return unwanted medication to your local pharmacy for safe disposal.

Complaints, Enquiries and Comments about 28-Day Prescribing

NHS Complaints Advocacy Service

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You may also contact an independent complaints advocacy service if you would like assistance or support in making a complaint about the NHS. The organisation to contact is called POhWER.

Website www.pohwer.net

Telephone 0300 020 0093

Email yourvoiceyourchoice@pohwer.net

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