



28 DAY REPEAT PRESCRIPTIONS

If you are being prescribed regular medicines you are likely to be given enough to last you for 28 days; this is known as 28 day repeat prescribing. Most GP surgeries in Lincolnshire prefer to prescribe repeat medication in 28 day quantities. For example, if you are taking 2 tablets a day you will receive 56 tablets. If your medicine is only available in a larger pack this will usually be prescribed (e.g. 3 months supply of the contraceptive pill).

WILL IT COST ME MORE?



Not usually. The majority of people who collect repeat prescriptions hold prepayment certificates or do not pay prescription charges. Many people are exempt from prescription charges on the grounds of age, income or medical condition. If you are eligible to pay prescription charges, you may be able to save money with a Prescription Pre-payment certificate. Contact the NHS business Service Authority on **0300 330 1341** or go online: **www.nhsbsa.nhs.uk**

WHAT ARE THE BENEFITS OF 28 DAY PRESCRIBING?

Regular opportunity for review. People on long term medicines can benefit from a regular opportunity to discuss their treatment and condition with their prescriber. This ensures that conditions are managed appropriately and medicines are taken as intended'.

28 DAY CALENDAR PACKS



Many medicines are supplied in sealed 28 day calendar packs with a patient information leaflet enclosed. Calendar packs are designed to help you to remember to take your medicines as prescribed. They also make it easy for you to see how many tablets you have left so that you can reorder in plenty of time.

IMPROVED SAFETY

Use of a single pack of your medicine each month will help to ensure that you take your dose as prescribed and are prompted to reorder in plenty of time. Larger stocks can be confusing particularly if more than one pack of the same medicine is in use at the same time. It can be difficult to find the space to store larger quantities of medicines. Children can be placed at risk if medicines are not stored securely in the home.

REDUCED WASTE



Keeping quantities to 28 days will help to reduce the waste associated with treatment changes. If you have a large stock of your medicine this may all have to be wasted if your treatment is changed or stopped or goes out of date.

CONVENIENCE

If you are taking more than one medicine we will try to co-ordinate your supplies into a single monthly prescription where possible. This will help to minimise the number of visits you need to make to the surgery.



- DO NOT ALLOW YOURSELF TO COMPLETELY RUN OUT OF MEDICINES BEFORE YOU ORDER MORE
- ALWAYS ORDER YOUR MEDICINES BY NAME
- DO NOT OVER-ORDER YOUR MEDICINES OR BUILD UP A STOCKPILE
- IF YOU HAVE DIFFICULTIES WITH YOUR MEDICINES DISCUSS THEM WITH YOUR PRESCRIBER OR ONE OF OUR DISPENSARY TEAM

SUMMARY

In keeping with other Lincolnshire GP surgeries, Nettleham Medical Practice prescribe repeat medication in 28 day quantities. There are many benefits to 28 day Repeat

Prescribing including:

- Regular review
- Reduced waste
- Improved safety
- Better coordination of treatment
- Convenience