

## Wetherby & Bramham Surgery – 28-Day Prescribing Policy

The NHS advises that issuing repeat prescriptions for 28 days offers the best balance between patient convenience, safe and effective medical practice, and minimising medicines waste.

The British Medical Association also notes that: *“Prescribing intervals should reflect the patient’s clinical needs, while safeguarding NHS resources, supporting patient convenience, and reducing the risks associated with excess medicines at home.”*

### Benefits of 28-day prescribing include:

- **Reduced waste:** Less medicine is discarded when treatment is changed or stopped.
- **Fewer errors:** Shorter supplies help minimise the chance of mistakes when prescriptions are altered mid-cycle.
- **Improved safety:** Patients are less likely to have multiple open packs of the same medicine, lowering the risk of dosing errors and accidental poisoning in children.
- **Easier monitoring:** Many medicines come in 28-day packs, helping you keep track of daily doses. Starting and finishing packs on the same day of the week also makes it easier for your GP to review your medications and identify when items haven’t been reordered.
- **Simplified ordering:** With all medicines running out at the same time, most patients need only one visit per month to collect repeat medications, reducing the chance of emergency requests.
- **Better use of NHS resources:** Reducing medicines waste helps ensure that more NHS funding can be directed towards patient care.

Research from the UK and abroad shows that 28-day prescribing significantly cuts waste and associated costs.

At **Wetherby & Bramham Surgery**, GPs will issue 28-day prescriptions for regular medications from your next medication review. Medicines taken *as required* or courses intended for short-term use may be supplied in other quantities.

For patients who do pay prescription charges, an **NHS Prescription Prepayment Certificate (PPC)** may be more cost-effective. You can find more information on the NHS website (search for “NHS Prescription Prepayment Certificate”).