

Position statement on the prescribing of probiotic supplements

Following the local Spending NHS Money Wisely public consultation, the Governing Bodies of the BHR CCGs met in common on 14th December 2017 to agree changes to prescribing across Barking and Dagenham, Havering and Redbridge.

**From 8th January 2018
Barking and Dagenham, Havering and Redbridge Clinical
Commissioning Groups (BHR CCGs) no longer supports the
prescribing of probiotic supplements.**

Decision

- The decision to stop prescribing probiotic supplements applies to ALL patients across Barking and Dagenham, Havering and Redbridge. BHR CCGs have agreed NO exceptions to this recommendation

This decision was made because:

- There is a lack of evidence to support claims of the health benefits of probiotics (products containing live bacteria and yeasts), such as restoring the natural balance of bacteria in the gut
- BHR CCGs believe probiotics should be bought from a supermarket or health food shop. These products can often be purchased cheaper than the NHS would pay via a prescription
- BHR CCGs have a duty to spend taxpayer's money wisely, to make sure they get the best value possible – especially when NHS funding is being severely squeezed and more patients are being seen with more complex health issues than ever before