

## **Position statement on the prescribing for travel sickness**

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 for travel sickness**

### **Decision**

- The decision to stop prescribing over the counter (OTC) medicines used to treat travel sickness applies to ALL patients across Barking and Dagenham, Havering and Redbridge, where the below listed exceptions do not apply
- These products include avomine, cinnarizine, cyclizine, kwells (inc. for kids), mylan travel sickness (this list is not exhaustive)

### **Exceptions**

BHR CCGs have agreed exceptions to this recommendation, where they accept that prescribing should continue. Prescriptions may be considered in the following circumstances:

- Where medicines used to treat travel sickness are used to treat vestibular disorders e.g. vertigo, tinnitus, nausea (not caused by travel)

### **This decision was made because:**

- BHR CCGs believe treatments for travel sickness should be bought from a supermarket or pharmacy
- These medicines can often be purchased cheaper than the NHS would pay via a prescription
- GP practices are still have the ability to prescribe for patients where the exceptions apply
- 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