

# Be in the know... about repeat prescription requests

Practices across North West London would like patients to request their repeat prescriptions directly from their general practice.

## How can I request my repeat prescriptions?

**Online** – ask at your GP practice reception

**Drop off** your repeat prescription request slip at your GP practice

**Post** your repeat prescription request slip to your GP practice

If you are worried that you won't be able to manage any of these methods, ask a friend or relative to help you. If you are still concerned, speak to your GP practice.

## Only ask for the medicines you need



# Be self-care aware

**Practices across North West London no longer routinely prescribe medicines which are available to buy over the counter in pharmacies, supermarkets or other shops.**

If the medicine you need today can be bought without a prescription, we may ask if you are willing to buy it.



# Be self-care aware

**Your local NHS spent £13 million last year on medicines and products that can easily be bought in community pharmacies, supermarkets or other high street shops.**

By buying some of these medicines and products rather than getting them on prescription you are helping your NHS save money.

So if the medicine you need can be bought without a prescription, we may ask if you are willing to buy it.

Your local community pharmacist can advise on medicines that are available to buy.



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