

# Every time you visit your GP it costs the NHS **£45\***

You can treat minor winter illnesses such as colds and coughs, sore throats, and upset stomachs easily at home with medicines, which you can easily buy from your local pharmacy.

Stock up on winter essentials today:



pain relief (paracetamol)



cold and cough remedies



first aid kit



upset stomach treatment



rehydration treatment



heartburn and indigestion treatment



**Save yourself time, and save the NHS money, see your pharmacist.**

\*£45 is the average cost for GP consultation time, cost of the medication, and dispensing fee.

# Don't swallow up your NHS!

Last year your local NHS spent millions prescribing medicines which you can easily buy from pharmacies, shops or supermarkets. This included:

## Pain relief (paracetamol)



Cost to your local  
NHS £1.2m

Cost for you  
to buy: 25p  
(16 tablets)

## Heartburn and indigestion relief



Cost to your local  
NHS £295,000

Cost for you  
to buy: £2  
(200ml)

## Upset stomach treatment



Cost to your local  
NHS £1.1m

Cost for you  
to buy: £1  
(six capsules)

Save yourself time, and save your NHS money, see your pharmacist.

**NHS**

Cambridgeshire and  
Peterborough  
Clinical Commissioning Group