

HUMBLYARD PRACTICE 28 DAY

PRESCRIBING

The NHS recognises a 28-day repeat prescribing interval creates the best possible balance between patient convenience, good medical practice and minimal drug wastage.

What is repeat medication for 28 days?

If you are being prescribed a 'repeat medication' you will be prescribed enough of each of your medicines to last you for 28 days. For example, if you are taking 2 tablets a day you will receive 56 tablets: 3 tablets a day you will receive 84 tablets and so on...

HRT and Contraception

There are some medicines which are packaged in 3 monthly amounts. HRT and contraceptive pills will continue to be supplied in these packs.

Will it cost more?

The majority of people who collect repeat prescriptions hold prepayment certificates or do not pay prescription charges. Many people are exempt from prescription charges on the grounds of age, income or medical condition.

If you do have to pay prescription charges, then it may be beneficial for you to buy one. The certificate covers all your NHS prescriptions for a set price. You will save money if you need more than 3 items in 3 months, or 11 items in 12 months. For more information go to: <https://www.nhsbsa.nhs.uk/help-nhs-prescription-costs/nhs-prescription-prepayment-certificates-ppcs>

What are the benefits of 28 day prescribing?

Regular Opportunity for Review

Prescribers will be able to review your medicines regularly which is especially important if you have a long term condition such as diabetes or hypertension.

28 Day Calendar Packs

Many medicines are supplied in 28-day packs, allowing you to check that you have taken your medication each day. You will start and finish the container of each medicine on the same day of the week, meaning it will be easier for your doctor to review all of the repeat medicines you are taking and to see when you have not ordered your medicines.

Less Waste

By ensuring that when medicines are stopped, (for example if there are side effects or dose changes) only the remainder of the 28 days pack will be discarded.

Improved Medicine Safety

Keeping fewer partly filled containers of medicines at home avoids confusion and prevents mistakes with doses.

Convenience

For those on multiple medications, by keeping all packs to the same quantity and having them synchronised, the medications will run out at the same time therefore minimising the number of visits to the pharmacy.

Cost Effective for the NHS

Financial losses due to medicines waste represent a direct loss to patient care.