

# Stopping prescriptions of emollient bath and shower preparations

**Do you currently have a prescription for emollient bath and shower preparations?**



As part of a continued effort to ensure limited NHS funds are spent in the most effective way, we regularly review which medicines are being prescribed to make sure they follow latest guidance.

Emollient shower gels and bath additives are now available to purchase from **all pharmacies** and from **supermarkets**. Furthermore, they are **not** considered to be any more clinically effective than applying a moisturiser directly onto your skin. A multicentre trial of the clinical effectiveness of emollient bath additives in children with eczema showed no overall benefit. These findings demonstrate that they are neither clinically nor cost effective.

Any cream or ointment can be used instead of soap in the bath or shower (apart from Liquid and White Soft Paraffin 50:50 ointment), so one product can be used for both washing and moisturising.

Portsmouth CCG is therefore asking GPs to review and stop the prescribing of emollient bath and shower preparations.

We hope you will understand why we are making this change, and if you have any questions, please speak to your GP Practice or community pharmacist.