

Sanger House
5220 Valiant Court
Gloucester Business Park
Brockworth
Gloucester
GL3 4FE

Dear patient/carer

Tel: 0300 421 1636

Information about bath and shower preparations (e.g. QV Gentle Wash)

I am contacting you to let you know that NHS England has published National Guidance which recommends that some skin preparations should no longer routinely be provided on an NHS prescription¹. Gloucestershire Clinical Commissioning Group has adopted this guidance and I am writing to let you know that some preparations used for bathing or washing will no longer be available on NHS prescription (e.g. QV Gentle Wash).

Soap substitutes

You may have been told by your doctor not to use 'usual' bubble bath, washing or soap preparations as they can be irritating and dry your skin. An effective way to clean /wash your body and ensure your skin is moisturised is to use an 'emollient' which replaces the skins natural oils and helps keep water in your skin to prevent it becoming dry, cracked, rough, scaly and itchy. Emollient preparations should be applied frequently to dry skin (around 4 times a day) and they can also be used for handwashing, showering or in the bath. Although they do not foam like normal soap they are just as effective at cleaning the skin.

How to use an emollient for washing

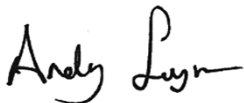
To use an emollient as a 'soap substitute' it is recommended that you mix a small amount (around a teaspoonful) in the palm of your hand with a little warm water and spread it over damp or dry skin. Rinse and pat the skin dry, being careful not to rub it. After drying yourself reapply the emollient to your skin but this time leave it to soak in as you would normally.

Please note that as with other bath, shower or soap products, emollients can make surfaces slippery. Patients and their carers regularly using emollients should be advised not to smoke or go near naked flames because clothing or fabric such as bedding or bandages that have been in contact with an emollient or emollient-treated skin can catch fire. There is a wide range of emollients available and they all work to keep water in the skin. Emollients can be creams or ointments. You may need to try more than one emollient before you find the one that suits you best.

Your doctor will therefore no longer provide you with repeat prescriptions for some bathing preparations (such as QV-Gentle Wash), but you may receive a prescription for an emollient as a suitable alternative.

We hope that you will understand why we have made this change. If you have any concerns over how this will impact your health, please do not hesitate to speak to your GP, Clinical Pharmacist or Practice Nurse. If you have any concerns or complaints about the decision, please contact the CCG at: glccg.pals@nhs.net

Yours sincerely,



Dr Andy Seymour
Clinical Chair
NHS Gloucestershire CCG

1. Reference: NHS England guidance
<https://www.england.nhs.uk/publication/conditions-for-which-over-the-counter-items-should-not-routinely-be-prescribed-in-primary-care-guidance-for-ccgs/>