

## **Important information for patients prescribed bath and shower emollients**

We continually review prescribing within our practice to ensure we are achieving the best value for money for the NHS without compromising patient care.

NHS England has produced guidance to GPs to explain that following a large clinical trial it was found that using liquid emollients in the bath (bath oils) or emollient shower gels in the shower provided less benefit to patients compared to using a normal emollient (moisturising) cream instead of soap. There have also been many reports of people slipping in the bath after using bath oils.

Therefore, we will no longer be prescribing bath and shower products but will instead encourage patients to use their moisturising cream or gel as a soap substitute as well as a 'leave-on' moisturiser; this is in-line with the latest NHS guidance ([www.nhs.uk/conditions/emollients](http://www.nhs.uk/conditions/emollients)), **this applies to all age groups.**

Emollient creams or gels can be used instead of soap for handwashing, showering or in the bath, they do not foam like normal soap but are just as effective at cleaning the skin.

If you have any other concerns or questions regarding this change, please contact the practice.

Yours sincerely

Peeverell Park Surgery & University Medical Centre