

Position Statement: 7-Day Prescribing

The Norfolk and Suffolk Integrated Care Board (ICB) promotes consistent and appropriate 28-day prescribing in primary care settings. Alternative durations may be appropriate in certain circumstances. This position statement supports primary care, care providers, and system partners in the appropriate use of **7-day prescribing**. It also reflects the decommissioning of the Norfolk Medicines Support Service (NMSS) and aims to promote safe, evidence-based practice.

Key messages

- **Weekly prescribing and supply may be short-term and always appropriately reviewed.**
- **Effective communication is essential between prescribers and medication suppliers (dispensaries and pharmacies).**
- **Medicines may only be supplied in accordance with the prescription** and must not be issued before the appropriate date.
- **Any change in supply duration requires clinical review and medication supplier discussion.**

Guidance for transitioning of NMSS patients off the service can be found [here](#).

When might 7-day prescriptions be appropriate?

- **When 28-day supplies might be less clinically appropriate** (e.g. frequent changes, titration, safety concerns, risk of abuse/misuse, adherence concerns).
- **If weekly supply is required** — supplies of more than one week should be agreed by exception where clinically appropriate
- **During dose titration** and/or when regular adjustments are needed
- **When treatment is under review or being changed** frequently, which can minimise medicines waste.
- **When a shorter supply improves safety or adherence** for patients
- **When the patient is at risk of harm** (e.g. self-harm, cognitive impairment, safeguarding).
- Shorter prescribing intervals can help monitor usage and reduce the risk of misuse/abuse

When is it NOT appropriate to issue 7-day prescriptions?

- **They must NOT be used solely to generate funding for MCAs** such as dosette boxes, blister packs, or MDS.
- **When the medication will not routinely be supplied weekly to the patient.**
- **For care home residents or patients supported by domiciliary carers**, unless clinically appropriate or short-term dose changes are required.

Disadvantages of 7-day prescriptions

The duration of prescribing should be guided by clinical appropriateness and patient need. While 7-day prescriptions can reduce waste during titration and improve safety for selected patients, there are some additional considerations.

- Patients/carers must collect medication on a weekly basis or delivery costs may increase
- Risk of over-supply of other repeat medicines, (e.g. when required (PRN) items or fixed-quantity treatments such as inhalers, GTN sprays, creams and possibly analgesics).
- Increased administrative and dispensing workload for prescribers and medication suppliers
- Increased dispensing costs – multiple dispensing fees within a 28-day cycle

Title	Position Statement – 7 day prescribing
Description of policy	<i>To inform healthcare professionals</i>
Scope	<i>Norfolk and Suffolk Integrated Care System</i>
Prepared by	Norfolk and Suffolk ICB Medicines Optimisation Team
Impact Assessment (Equalities and Environmental)	<i>Please indicate impact assessment outcome:</i> <i>Positive impact</i> <i>Adverse impact - low - action plan completed as per guidance</i> <i>Adverse impact - medium - action plan completed as per guidance</i> <i>Adverse impact - high - action plan completed as per guidance</i> <i>No impact</i> No policy will be approved without a completed equality impact assessment
Other relevant approved documents	
Evidence base / Legislation	Level of Evidence: <i>A. based on national research-based evidence and is considered best evidence</i> B. mix of national and local consensus <i>C. based on local good practice and consensus in the absence of national research based information.</i>
Dissemination	Is there any reason why any part of this document should not be available on the public web site? ☐ Yes / No ☒
Approved by	TAG/IMOC – Sept 2026
Authorised by	TAG/IMOC – Sept 2026
Review date and by whom	October 2027 – TAG/IMOC
Date of issue	October 2026