

Murieston Medical Practice

NHS Patient Notice

Solgar Psyllium Husk Fibre 500 mg Capsules — No Longer Routinely Available on NHS Prescription

In line with **local formulary guidance**, Solgar Psyllium Husk Fibre 500 mg capsules will no longer be routinely available on NHS prescription.

NHS-Prescribable Fibre Alternatives

- Rx Ispaghula husk sachets**
e.g. Fybogel — widely available on prescription
- Rx Sterculia granules**
e.g. Normacol — available on prescription
- Rx Optifibre powder**
Partially hydrolysed guar gum — available on prescription

Prefer capsules? You can buy psyllium husk capsules from:

- Pharmacies
- Health-food retailers
- Online suppliers

We understand that some patients prefer a capsule formulation. If you would like to continue using psyllium in capsule form, these products remain available to purchase directly — without a prescription.

If you would like to **switch to a product available on prescription**, or have any questions about your ongoing treatment, please **contact the practice team** who will be happy to support you.

Thank you for helping us use NHS resources responsibly.