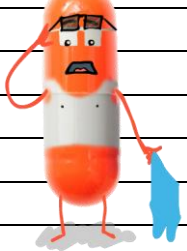




NHS England has published guidance to primary care prescribers to **not** routinely prescribe over the counter medicines for common conditions.

Patients to purchase over the counter medicines and seek help from their pharmacist for the conditions or treatments listed below:

Probiotics	Infrequent migraines	
Vitamins and minerals	Insect bites and stings	
Acute sore throat	Mild acne	
Infrequent cold sores of the lip	Mild dry skin	
Conjunctivitis	Sunburn	
Coughs and colds and nasal congestion	Sun protection	
Cradle cap	Mild to moderate hay fever/Seasonal rhinitis	
Haemorrhoids	Minor burns and scalds	
Infant colic	Minor conditions associated with pain, discomfort and fever (e.g. aches and sprains, headache, period pain, back pain)	
Mild cystitis		
Mild dermatitis	Mouth ulcers	
Dandruff	Nappy rash	
Diarrhoea (adults only)	Oral thrush	
Dry eyes/sore (tired) eyes	Prevention of dental decay	
Earwax	Ringworm/athletes foot	
Excessive sweating (Hyperhidrosis)	Teething/mild toothache	
Head lice	Threadworms	
Indigestion and heartburn	Travel sickness	
Infrequent constipation	Warts and verrucae	

What are the benefits of using pharmacies?

- It prevents unnecessary GP appointments for common conditions.
- Access to pharmacies is easier and sometimes quicker than waiting for a GP appointment.
- Pharmacies are open out of hours, like late nights and at the weekend, which is convenient for people who work or when the GP practice is closed.

Choose self care