

SELF CARE



Prescribing of over the counter (OTC) medicines is changing.

Your GP, nurse or pharmacist will not generally give you a prescription for over the counter medicines for a range of short-term, minor health concerns.

Instead, over the counter medicines are available to buy in a pharmacy or supermarket in your local community.

The team of qualified healthcare professionals at your local pharmacy can offer clinical advice to safely and effectively manage minor health concerns.

THIS INCLUDES THE FOLLOWING:

ACUTE SORE THROAT	CONJUNCTIVITIS	COUGHS, COLDS AND NASAL CONGESTION	CRADLE CAP
DANDRUFF	DIARRHOEA (adults)	DRY EYES / SORE TIRED EYES	EARWAX
EXCESSIVE SWEATING	HAEMORRHOIDS	HEAD LICE	INDIGESTION & HEARTBURN
INFANT COLIC	INFREQUENT COLD SORES OF THE LIP	INFREQUENT CONSTIPATION	INFREQUENT MIGRAINE
INSECT BITES & STINGS	MILD ACNE	MINOR BURNS & SCALDS	MILD CYSTITIS
MILD DRY SKIN	MILD IRRITANT DERMATITIS	MILD TO MODERATE HAYFEVER	MINOR PAIN, DISCOMFORT AND FEVER (e.g. aches and sprains, headache, period pain, back pain)
MOUTH ULCERS	NAPPY RASH	ORAL THRUSH	
PREVENTION OF TOOTH DECAY	RINGWORM / ATHLETES FOOT	SUNBURN	SUN PROTECTION
TEETHING / MILD TOOTHACHE	THREADWORMS	TRAVEL SICKNESS	WARTS & VERRUCAE

For more information and support, visit the NHS website, www.nhs.uk/OTCmedicines