

Prescribing of over the counter medicines is changing

Your GP, nurse or pharmacist cannot 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:**

Acne	Acute sore throat	Athletes foot	Backache
Blocked nose	Conjunctivitis	Coughs, colds and nasal congestion	Cradle cap
Dandruff	Diarrhoea (adults)	Dry eyes/sore tired eyes	Dry skin
Earache of less than 2 days	Earwax	Excessive sweating	Haemorrhoids
Head lice	Indigestion and heartburn	Infant colic	Infrequent cold sores of the lip
Infrequent constipation	Infrequent migraine	Insect bites and stings	Mild acne
Mild cystitis	Mild irritant dermatitis	Mild to moderate hay fever	Minor pain, discomfort or fever (e.g. aches and sprains, headache, period pain, back pain)
Minor burns and scalds	Mouth ulcers	Nappy rash	
Pain short term	Prevention of tooth decay	Ringworm	Sprains and strains
Sunburn	Sun protection	Teething / mild toothache	Temperature and fever
Threadworms	Thrush (vaginal or oral)	Travel Sickness	Warts and verrucae

For more information and support

Visit the NHS website: www.nhs.uk/OTCmedicines