

## Checklist

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

**Please signpost 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**