



Your Local Pharmacy



Your local Pharmacist can help you with many common conditions, with advice and over the counter medication where needed.

What can be treated at the Pharmacy?

Ailment	Exclusions If you are experiencing any of the exclusions listed, please contact the Surgery.
Advice on using your medication	
Acne – mild	<ul style="list-style-type: none">• Physically unwell, additional symptoms such as hair loss or excessive hair growth. Affecting social life or distressed.• Pain felt deep in the skin.• Beginning of scarring.• Pre-pubertal or older people.• Topical treatments have not worked after 12 weeks.
Allergic Reaction - Minor	Severe allergic reaction, including... <ul style="list-style-type: none">• Swelling of the throat and mouth.• Difficulty breathing.• Light-headedness.• Confusion• Blue skin or lips• Pregnancy
Athletes Foot	<ul style="list-style-type: none">• Diabetes.• Red hot and painful foot.• Weakened immune system for example having chemotherapy.
Bites and Stings	<ul style="list-style-type: none">• SEVERE ALLERGIC REACTION: Wheezing or difficulty breathing, swollen face, mouth or throat, nausea or vomiting, a fast heart rate, dizziness or feeling faint, difficulty swallowing.• Animal or human bites.• In the mouth, throat or near eyes.• Large area (10cm) or more) around the bite is red and swollen.• Symptoms not improved over 3 days or getting worse.• Pus, increasing pain, swelling and redness.• Fever, swollen glands, flu like symptoms.• Tummy cramps.• Pregnancy
Blocked nose	<ul style="list-style-type: none">• Blocked nose with blood.

	<ul style="list-style-type: none"> • If it has been blocked for more than 2 weeks. • Only one nostril is blocked. • High temperature (above 39°C or 102.2°F) • Confusion or disorientated, feel unwell. • Pain or discomfort in the face.
Cold Sores/Mouth Ulcer	<ul style="list-style-type: none"> • Recurrent problem
Conjunctivitis	<ul style="list-style-type: none"> • Children under two. • Severe pain. • Reduced/blurred vision. • Sensitive to light.
Constipation	<ul style="list-style-type: none"> • Children under two. • Severe/ongoing for more than 3 days after over the counter advice. • Unintentional weight loss. • Blood in poo. • Swollen or bloated tummy and/or vomiting. • Pain or discomfort around the opening of back passage. • If you think it could be related to your medication. • Over 50 and never had before. • Pregnancy.
Cough/Sore Throat	<ul style="list-style-type: none"> • Unable to swallow. • Had for over 2 weeks or 1 week if under 18. • Voice change. • Weak immune system, for example having chemotherapy or on an immunosuppressant drug, such as Methotrexate. • Frequent, persistent sore throat. • Very high temperature, hot or shivery. • Suddenly getting worse. • Concerned about your child's symptoms. • Hard to breathe or chest pain. • Confusion or disorientated. • Long term medical condition, eg. diabetes, heart, lung, kidney or neurological disease. • Coughing up blood stained phlegm. • Side of neck or armpits feel swollen and painful.
Cystitis (mild) – Pain or frequency passing urine	<ul style="list-style-type: none"> • Lower back pain, pain in side. • Blood in urine. • Cloudy or smelly urine. • Pregnant. • Male • Children under 16. • Had more than 3 days. • Keeps coming back. • Pregnant.
Diarrhoea	<ul style="list-style-type: none"> • Blood in poo. • Unintentional weight loss. • Persistent. Lasting over 4-5 days or more than

	<ul style="list-style-type: none"> • 3-5 days in the elderly. • Feeling very sick and keep vomiting. • Unable to drink fluids. • Severe abdominal pain. • Dark and smelly poo. • Recently taken antibiotics or been treated in hospital. • Change in bowel habit in patients over 50 years. • No appetite. • Recent travel abroad. • Pregnant.
Earache	<ul style="list-style-type: none"> • Difficulty swallowing. • Hearing Loss • Voice change. • Very high temperature, hot and shivery. • Had for more than 3 days. • Swelling around the ear. • Pain in both ears. • Fluid or pus coming from the ear. • Something stuck in the ear. • Severe sore throat, vomiting, dizziness, confusion, stiff neck, sensitive to lights, fits. • Long term medical condition eg. diabetes, heart lung, kidney or neurological disease. • Weakened immune system for example if having chemotherapy.
Ear Wax or Blocked Ear	<ul style="list-style-type: none"> • Hearing loss or change of hearing, dizziness or ringing in the ears. • Injury or trauma to the ear, perforated ear drum.
Eye symptoms, red or irritable, sticky or watery	<ul style="list-style-type: none"> • Eye pain. • Loss or changes to vision, sensitivity to light. • Severe headache, feeling sick. • Injury to eye, trauma. • Had for over 5 days and not improving. • Children under 2. • Pregnant.
Eye Lid Problems	<ul style="list-style-type: none"> • Painful eyelid. • Suspected allergy. • Yellow lumps or patches around eyes. • Body rash as well as lumps on eyelids. • High temperature, hot shivery, generally unwell. • Side of neck, armpits or groin feel swollen and painful. • Pregnant.
Emergency Contraception	<ul style="list-style-type: none"> • Under 13 years. • Over 25 years for provision under the free commissioned service, although available for purchase over the counter if over 25 years. • Known or suspected pregnancy.

	<ul style="list-style-type: none"> • More than 120 hours since unprotected sexual intercourse or failed contraception. • Previous use of emergency hormonal contraception in this cycle. • Previous incidence of unprotected sexual intercourse in the same cycle (outside the treatment window of more than 120 hours). • Repeat prescription of contraceptive pill.
Fever	<ul style="list-style-type: none"> • Fever with no other symptoms.
Haemorrhoids	<ul style="list-style-type: none"> • Blood mixed in poo/rectal pain. • Rectal bleeding. • Fever. • Severe pain when having bowels open. • Persistent change in bowel habit if over 40 years. • Children under 18. • Pregnant.
Hair Loss	<ul style="list-style-type: none"> • Under 18 • Sudden onset • Development or bald patches • Losing hair in clumps • Pregnant • Itchy or burning scalp. • Rash on scalp.
Hayfever	<ul style="list-style-type: none"> • Children under one year. • Getting worse/severe. • Tried medications and not worked. • Pregnant.
Head Lice	
Infantile Colic	<ul style="list-style-type: none"> • Other symptoms eg. not gaining weight.
Mouth Ulcers	<ul style="list-style-type: none"> • Had longer than 3 weeks. • Keeps coming back. • Becomes painful and red. • Larger than 1cm. • In groups of 5-10 or more. • Children under 10 years. • Weakened immune system, for example having chemotherapy or on an immunosuppressant drug such as Methotrexate.
Scabies	<ul style="list-style-type: none"> • Cracking, weeping, painful skin. • Still itching 4 weeks after self-treatment has finished. • Pregnant
Sprain/Strain	<ul style="list-style-type: none"> • Not improving after 3-4 days self-treatment. • Suspected broken bone. • Severe pain, not controlled by over the counter painkillers • Bruising/swelling that was mild but is getting worse. • Deformity, lumps and bumps.

	<ul style="list-style-type: none"> • Cannot move affected joint or move properly. • Skin over the affected area is numb. • Feeling hot or shivery.
Teething	
Threadworms	<ul style="list-style-type: none"> • Children under two. • Loss of appetite. • Weight loss. • Pregnant.
Thrush/Vaginal discharge, itching or soreness.	<ul style="list-style-type: none"> • Pharmacy treatment hasn't worked • Had symptoms for over two weeks. • Over 60 • Under 16. • Pregnant. • Discharge has changed colour, smell or texture. • More discharge than usual. • Bleeding between periods or after sex. • Pain when peeing. • Pelvic pain (between tummy and thighs) • Diabetes.
Travel Sickness	
Warts/Verrucae	<ul style="list-style-type: none"> • Warts/Verrucae on face or genitals. • Bleeding. • Recurrent.