The CCG have released an updated list of over the counter medications that they will ask GPs to restrict prescribing unless related to serious/long term illnesses.

More information will be provided however for now, here is a list of medications and conditions that GPs will be limiting their prescribing for:

1. Probiotics
2. Vitamins and minerals
3. Acute Sore throat
4. Infrequent cold sores of the lip
5. Conjunctivitis
6. Coughs and colds and nasal congestion
7. Cradle Cap (Seborrhoeic dermatitis – infants)
8. Haemorrhoids
9. Infant colic
10. Mild cystitis
11. Mild irritant Dermatitis
12. Dandruff
13. Diarrhoea (adults)
14. Dry eyes/sore (tired) eyes
15. Earwax
16. Excessive sweating (hyperhidrosis)
17. Head lice
18. Indigestion and heartburn
19. Infrequent constipation
20. Infrequent migraine
21. Insect bites and stings
22. Mild Acne
23. Mild dry skin
24. Sunburn
25. Sun Protection
26. Mild to moderate hay fever/seasonal Rhinitis
27. Minor burns and scalds
28. Minor conditions associated with pain, discomfort and/fever e.g. aches and sprains, headache, period pain, back pain)
29. Mouth Ulcers
30. Nappy rash
31. Oral thrush
32. Prevention of dental caries
33. Ringworm/Athletes foot
34. Teething/mild toothache
35. Threadworms
36. Travel sickness
37. Warts and verrucae