

## Toome Surgery Medical Practice

This practice no longer routinely prescribes medicines for the following minor conditions/self-limiting illnesses:

<b>Available on Pharmacy First</b> Free of charge	<b>AVAILABLE TO PURCHASE</b>
Athletes foot (>12 years)	Vitamins and minerals
Verrucas (>2 years)	Minor aches and pains e.g. paracetamol/Ibuprofen
Acne treatment (>12 years)	Fungal nail infection (1 or 2 nails)
Scabies (>2 years & <65 years)	Constipation (occasional)
Diarrhoea (occasional, age >3 months old)	Acute headache/ Mild Migraine
Ear Wax (>12 years)	Colic
Head Lice (>6 months)	Coughs, colds and sore throats
Mouth Ulcers (>12 years)	Hayfever
Oral Thrush (>4 months)	Mild Indigestion/Heartburn
Threadworms (>2 years)	
Vaginal thrush (>16 years and <60 years old)	Baby comfort milks
Groin area infections (>16 years)	Nappy rash
Hemorrhoids (>16 years)	Suncream
Emergency Hormonal Contraception	Teething

**You do not need to make an appointment to speak to the pharmacist.**

**If at any time you are concerned about your condition or symptoms have not improved after a few days of treatment with the over-the-counter medications, you should contact your local pharmacist or health centre for more advice.**

**These changes are in line with guidance from the Health and Social Care Board and NI GP formulary.**

Please store medicines in a safe place, out of the reach of children and always check the expiry date of medicines before use.

Please return all out of date medication