

Referral to local pharmacy – no prescription required

You have a minor health condition that can be treated with a medicine that is available to buy over the counter from your local pharmacy.

You do not need to make an appointment to speak to the pharmacist, just pop in anytime and they will be happy to help you.

If today or in the future you are experiencing any of the following conditions, please visit your local pharmacist where you can obtain immediate clinical advice and appropriate over the counter medicines.

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|---------------------------|----------------------------------|------------------------------------|---|
| Acute sore throat | Conjunctivitis | Coughs, colds and nasal congestion | Cradle cap |
| Dandruff | Diarrhoea (adults) | Dry eyes / sore tired eyes | 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 | Minor burns and scalds | Mild cystitis |
| Mild dry skin | Mild irritant dermatitis | Mild to moderate hay fever | Minor pain, discomfort and fever (e.g. aches and sprains, headache, period pain, back pain) |
| Mouth ulcers | Nappy rash | Oral thrush | |
| Prevention of tooth decay | Ringworm / athlete's foot | Sunburn | Sun protection |
| Teething / mild toothache | Threadworms | Travel sickness | Warts and verrucae |

Notes:

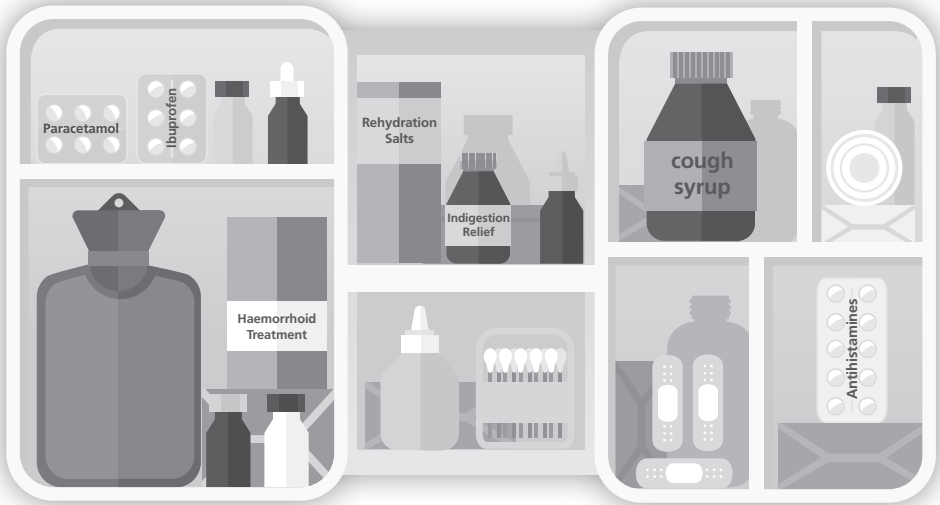
You may also be able to buy some medicines from local shops but you will only be able to get professional clinical advice from a pharmacist from your local pharmacy. If at any time you are concerned about your condition or if your symptoms are not improving after a few days of treatment with the over the counter medicines, you should contact the local pharmacist or your GP practice for more advice. You can also call 111 where advice is available 24 hours a day.

For more information and support visit the NHS website, [nhs.uk/OTCmedicines](https://www.nhs.uk/OTCmedicines)

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Be self care aware

By keeping a selection of essential medicines at home you can treat minor health conditions early, avoid unnecessary trips to see your doctor and / or visits to the A&E department.



Over the counter medicines are generally cheaper than it costs the NHS to supply on prescription. The following medicines can be bought from local pharmacies. You may also be able to buy some medicines from local shops but you will only be able to get professional clinical advice by a pharmacist from your local pharmacy.

- Pain killers like paracetamol and ibuprofen
- Sore throat, coughs, colds and flu medications
- Heartburn and indigestion remedies
- Anti-diarrhoea and constipation medication
- Rehydration salts
- Allergy medicines
- Pile (haemorrhoid) treatments
- First aid kit including plasters, bandages and antiseptic cream