

Changes to prescribing over the counter medicines

NHS guidelines for prescribing medicines for minor conditions have changed. The NHS has listed a number of conditions where it is recommended that you seek advice from your pharmacist and purchase medicines which are often low cost. NHS guidance asks practices to advise you to seek advice and medicines at your pharmacy for the conditions listed below.

- Acute Sore Throat
- Conjunctivitis
- Coughs and colds and nasal congestion
- Cradle cap
- Dandruff
- Diarrhoea (Adults)
- Dry Eyes/Sore (tired) Eyes
- Dry or itchy skin
- Earwax
- Haemorrhoids (piles)
- Headlice
- Indigestion and Heartburn
- Infant Colic
- Infrequent Constipation
- Infrequent Migraine
- Insect bites and stings
- Mild Acne
- Mild Cystitis
- Mild to moderate Hay fever
- Mild toothache
- Minor pain discomfort and/ fever. (E.g. aches and sprains, headache, period pain, back pain)
- Mouth ulcers
- Nappy rash
- Oral Thrush
- Probiotics, vitamins and minerals
- Ringworm/Athletes foot
- Sun Protection
- Teething
- Thread worms
- Travel Sickness
- Warts and Verrucae

You can get advice and purchase medicines at little cost from **community pharmacies** rather than getting a prescription.

Some medicines are also available from supermarkets and other shops.

Visit www.bnssgccg.nhs.uk/pharmacyfirst for more information on the changes as well as advice on keeping well.



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