Prescribing of over the counter medicines is changing

Your GP, nurse or pharmacist will not generally give you a prescription for over the counter medicines for a range of short-term, minor health concerns.

Instead, over the counter medicines are available to buy in a pharmacy or supermarket in your local community.

The team of qualified healthcare professionals at your local pharmacy can offer clinical advice to safely and effectively manage minor health concerns. **This includes:**

<table>
<thead>
<tr>
<th>Acute sore throat</th>
<th>Conjunctivitis</th>
<th>Coughs, colds and nasal congestion</th>
<th>Cradle cap</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dandruff</td>
<td>Diarrhoea (adults)</td>
<td>Dry eyes / sore tired eyes</td>
<td>Earwax</td>
</tr>
<tr>
<td>Excessive sweating</td>
<td>Haemorrhoids</td>
<td>Head lice</td>
<td>Indigestion and heartburn</td>
</tr>
<tr>
<td>Infant colic</td>
<td>Infrequent cold sores of the lip</td>
<td>Infrequent constipation</td>
<td>Infrequent migraine</td>
</tr>
<tr>
<td>Insect bites and stings</td>
<td>Mild acne</td>
<td>Minor burns and scalds</td>
<td>Mild cystitis</td>
</tr>
<tr>
<td>Mild dry skin</td>
<td>Mild irritant dermatitis</td>
<td>Mild to moderate hay fever</td>
<td>Minor pain, discomfort and fever (e.g. aches and sprains, headache, period pain, back pain)</td>
</tr>
<tr>
<td>Mouth ulcers</td>
<td>Nappy rash</td>
<td>Oral thrush</td>
<td>Sunburn</td>
</tr>
<tr>
<td>Prevention of tooth decay</td>
<td>Ringworm / athletes foot</td>
<td>Sun protection</td>
<td></td>
</tr>
<tr>
<td>Teething / mild toothache</td>
<td>Threadworms</td>
<td>Travel sickness</td>
<td>Warts and verrucae</td>
</tr>
</tbody>
</table>

**Notes:**

For more information and support

Visit the NHS website, [nhs.uk/OTCmedicines](https://nhs.uk/OTCmedicines).