

ailments and self-limiting conditions which should be purchased - seek advice from community pharmacists (list not exhaustive)

- Pain killers for acute minor aches and pains including migraine and minor temperature e.g. Calpol. Please also refer to the 'Good Practice Guidance for Paracetamol Prescribing'.
- Treatment of coughs and colds including cough syrup, nasal drops and inhalations.
- Treating one-off/non serious constipation and/or diarrhoea.
- Treatments for haemorrhoids.
- Hayfever preparations for the treatment of seasonal allergic symptoms (antihistamines, nasal sprays and eye drops).
- Allergy preparations for non-serious stings and insect bites and eye drops for allergies.
- Eye drops for minor eye infections and dry eye conditions.
- Treatment for occurrences of head-lice or scabies infestation, including lotions and shampoos.
- Treatment of occasional bouts of dyspepsia.
- Treatment of oral or vaginal thrush.
- Treatment of cystitis.
- Antiperspirants.
- Athlete's foot cream and powders.
- Topical fungal nail treatments.
- Barrier creams for nappy rash.
- Creams or gels for:
 - dry skin conditions
 - female facial hair removal
 - minor acne
 - sprains and sports injuries
 - bruising, scars, tattoos and varicose veins.
 - minor abrasions or irritated skin – (antiseptic creams)
 - sunscreens – unless prescribing in accordance with the policy on sunscreens
- Tubigrip/plasters/bandages for sprains and sports injuries
- Ear wax removers and softeners
- Dietetic products e.g. gluten free foods (in line with local guidance), sip feeds/oral nutritional supplements (unless meets ACBS criteria), infant soya formula, anti-reflux formula and lactose free formula.
- Toiletries.
- Inhaler aids.
- Lozenges, throat sprays, mouthwashes, toothpastes and gargles.
- Moisturisers and bath additives for minor dry skin conditions.
- Slimming preparations other than those restricted to prescription only.
- Threadworm and roundworm tablets.
- Tonics, vitamins (in line with local guidance), health supplements and complementary medicines.
- Travel medicines e.g. for travel sickness and some vaccines (in line with local guidance).

Common medications available to purchase over the counter (OTC) for minor ailments (not to be prescribed)

Minor Ailment	Medication	Example brands	OTC restrictions	Classification P (pharmacy only) GSL (general sale)
<p>Acute pain, headache, temperature</p> <p><i>Can be prescribed for: regular full dose paracetamol for chronic pain</i></p>	Paracetamol 500mg tablets	Anadin, Mandanol, Disprol, Panadol, Hedex	Long term conditions requiring regular pain relief	GSL (up to 32 tablets – packs of 16)
	Ibuprofen 200mg, 400mg Ibuprofen 100mg/5ml liquid	Anadin Ibuprofen, Nurofen, Calprofen, Cuprofen, Anadin Joint Pain,	Long term conditions requiring regular pain relief Asthma Unstable high blood pressure Taking anticoagulants Stomach ulcers/problems Children under 3 months Not for use in chickenpox	GSL (200mg up to 32 tablets – packs of 16) P (400mg – up to 32 tablets)
	Co-codamol 8/500mg	Migravele Yellow tablets, Paracodol,	Children under 12 years Severe liver disease Breastfeeding Pregnancy	P (up to 32 tablets)
	Paracetamol 120mg/5ml suspension (from 3 months) Paracetamol 250mg/5ml suspension (from 6 years old)	Calpol, Medinol, Sootheze Six Plus,	Children under 2 months Babies born before 37 weeks Babies weighing less than 4 kg	GSL
	Ibuprofen 5% gel	Fenbid, Ibuleve, Nurofen,	Children under 14 years Pregnancy Breastfeeding Broken/infected skin Asthma	GSL

	Diclofenac 1.16% and 2.32% gel	Voltarol Emulgel P, Voltarol 12 Hour Emulgel P, Voltarol Extra Strength Emulgel P, Voltarol 12 Hour Joint Pain Relief		P
	Aspirin 75mg, 300mg dispersible tablets	Anadin Original, Disprin	Asthma Peptic ulceration Third trimester pregnancy Children under 16 years Haemophilia Current anticoagulant therapy	GSL (up to 32 tablets – packs of 16) P (other pack sizes)
Hayfever and allergies <i>Can be prescribed for: severe chronic allergic conditions</i>	Chlorphenamine 4mg tablets	Allercalm Allergy Relief, Piriton, Hayleve	Children under 12 years Pregnancy Breastfeeding	P
	Chlorphenamine 2mg/5ml solution	Allerief, Piriton	Children under 1 year Children with Asthma Children taking monoamine oxidase inhibitors	P
	Loratadine 10mg tablets	Clarityn Allergy, Clarityn Rapide Allergy	Children under 12 years Pregnancy Breastfeeding	GSL (pack size 10 tablets) P (other pack sizes)
	Acrivastine 8mg capsules	Benadryl Allergy Relief, Benadryl Plus,	Children under 12 years Adults over 65 years Pregnancy Breastfeeding	GSL (pack size 12 tablets) P (other pack sizes)
	Cetirizine 10mg tablets	Benadryl Allergy One A Day, Zirtek Allergy Relief, Pollenshield Hayfever, Piriteze Allergy tablets	Children under 12 years Patients with kidney problems Pregnancy Breastfeeding	GSL (pack size 14 tablets) GSL (pack size 70ml) P (other pack sizes)

	Cetirizine 1mg/ml solution	Benadryl For Children Allergy Solution, Zirtek Allergy Relief For Children, Piriteze Allergy Syrup Benadryl Allergy Oral Syrup, Zirtek Allergy Relief	Children under 6 years Children under 2 years	
	Beclometasone 0.05% nasal spray	Beconase Hayfever, Beconase Hayfever Relief, Nasobec	Children under 18 years	GSL (100 spray pack) P(180 spray pack)
	Sodium cromoglycate 2% eye drops	Allercrom, Optrex Allergy, Catacrom Allergy Relief, Opticrom Hayfever, Cromolux Hayfever	Children under 6 years	GSL
Athlete's foot	Miconazole 2% cream Miconazole 0.16% spray powder	Daktarin/Daktarin Aktiv cream, Daktarin Aktiv spray powder	Diabetic patients Pregnancy Breastfeeding Spray-not to be used in children	P (cream) GSL (powder)
	Terbinafine hydrochloride 1%	Lamisil Once solution, Lamisil AT cream/gel/spray, Scholl Advanced, Athlete's Foot cream	Children under 18 years Children under 16 years Diabetic patients Pregnancy Breastfeeding	GSL
Cold sores	Aciclovir cream 5%	Zovirax Cold Sore cream, Cymex Ultra cream, Virasorb Cold Sore cream	Children under 12 years For use in adults only Immunocompromised and terminally ill Only for face and lips	GSL (only if specified for cold sore)