



Becoming 'self-care aware': no prescription needed

You have been diagnosed with a condition that can be treated with over-the-counter medication which **you can buy 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.

Ask the pharmacist for help and advice on the most appropriate medication to relieve your symptoms for:

Acne (mild)	Head lice
Athlete's foot	Heartburn
Burns and scalds (minor)	Indigestion
Conjunctivitis (> 2 years old)	Insect bites and stings
Cold sores (infrequent, of the lip)	Migraines (infrequent)
Colic (infant)	Minor conditions associated with pain, discomfort and fever (e.g. headache, back pain)
Constipation (infrequent)	Mouth ulcers
Cough, cold and nasal congestion	Nappy rash
Cradle cap (infants)	Oral thrush
Cystitis (mild)	Ringworm
Dandruff	Sore throat (acute)
Dental caries (prevention of)	Sun protection
Dermatitis (mild irritant)	Sunburn (from excessive sun exposure)
Diarrhoea (less than 72 hours in adults)	Sweating (excessive)
Dry eyes/sore, tired eyes	Toothache (mild)
Dry skin conditions with no diagnosis (mild)	Teething
Earwax (excessive)	Threadworms
Food items (not on agreed guidelines)	Thrush (short-term)
Fungal nail infection	Travel protection/sickness
General wellbeing (vitamins, supplements, minerals and probiotics)	Verrucas
Haemorrhoids	Warts
Hay fever/ seasonal rhinitis (mild to moderate)	Other (please indicate below)
<u>Please note this is NOT a prescription</u>	

Version	1.1 (updated in line with updated Herts Valleys CCG OTC Medicines Policy, September 2018).
Developed by	Medicines Optimisation Pharmacist, HVCCG Pharmacy & Medicines Optimisation Team. Adapted from 'No prescription required' by Mid Essex CCG and 'Referral to local pharmacy- no prescription required' by PrescQIPP.
Date ratified	October 2017 (Medicines Optimisation Clinical Leads Group); October 2017 (Primary Care Commissioning Committee).
Review date	October 2020