

Prescribing of over the counter medicines is changing



Why is it changing?

The NHS spends £136 million a year on prescriptions for medicines that can be bought over the counter, such as paracetamol. Reducing the amount the NHS spends on these medicines will mean that more money is available for people with more serious conditions.

How your local pharmacy team can help you?

Pharmacists can give clinical advice and help you choose the most appropriate treatment. If your symptoms suggest it's more serious, they'll ensure you get the care you need.

What if my symptoms don't improve?

Your local pharmacy team can tell you how long to expect the symptoms of your condition to last. If they haven't improved after this time or you start to feel a lot worse, you should:

- Go back to the pharmacy for further advice
- Call NHS111
- Contact your GP

How is it changing?

Medicines which are available to buy in a pharmacy or supermarket (over the counter) will no longer be routinely prescribed for the following conditions:

Acute sore throat

Conjunctivitis

Coughs, colds and nasal congestion

Mild irritant dermatitis

Cradle cap

Dandruff

Diarrhoea (adults)

Mouth ulcers

Dry eyes/sore tired eyes

Earwax

Excessive sweating

Oral thrush

Haemorrhoids

Head lice

Indigestion & heartburn

Sunburn

Infant colic

Infrequent cold sores of the lip

Infrequent constipation

Threadworms

Infrequent migraine

Insect bites and stings

Mild acne

Mild to moderate hay fever

Minor burns and scalds

Mild cystitis

Mild dry skin

Nappy rash

Minor pain, discomfort and fever (e.g. aches and sprains, headache, period pain, back pain)

Warts and verrucae

Travel sickness

Prevention of tooth decay

Teething/mild toothache

Ringworm/athletes foot

Sun protection