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**Prescribing of over the counter medicines in changing**

You’re 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 the items below:**

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

 For more information and support visit the NHS website, **nhs.uk/OTCmedicines**