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**Prescribing of Over-the-Counter Medicines**

Your GP, nurse or pharmacist will generally not give you a prescription for over-the-counter (OTC) medicines for a range of minor health conditions.

Instead, OTC medicines are available to buy in a pharmacy or supermarket. Look up your nearest pharmacy.

The team of health professionals at your local pharmacy can offer help and clinical advice to manage minor health concerns. If your symptoms suggest it's more serious, they'll ensure you get the care you need.

**You can buy OTC medicines for any of these conditions:**

* *Infant Colic*
* *Sunburn*
* *Infrequent Cold Sores of the Lip*
* *Threadworms*
* *Insect Bites and Stings*
* *Travel Sickness*
* *Mild Acne*
* *Warts and Verrucae*
* *Haemorrhoids (Piles)*
* *Oral Thrush*
* *Head Lice*
* *Prevention of Tooth Decay*
* *Indigestion and Heartburn*
* *Ringworm or Athlete’s Foot*
* *Acute Sore Throat*
* *Minor Burns and Scalds*
* *Conjunctivitis*
* *Mild Cystitis*
* *Coughs, Colds and Nasal Congestion*
* *Mild Dry Skin*
* *Mild Irritant Dermatitis*
* *Dandruff*
* *Mild – Moderate Hayfever*
* *Diarrhoea (Adults)*
* *Dry Eyes and Sore, Tired Eyes*
* *Mouth Ulcers*
* *Earwax*
* *Nappy Rash*
* *Excessive Sweating*
* *Minor Pain, Discomfort and Fever (such as aches and sprains, headaches, period pain and back pain)*

For more information and support visit the NHS website:

**https://www.nhs.uk/common-health-questions/medicines/why-cant-i-get-prescription-over-counter-medicine/**