

# SELF-CARE QUICK GUIDE



July 2025

The following conditions are either self-limiting or suitable for self-care so a prescription should not routinely be offered in primary care.

<a href="#">Aches &amp; Pains</a>	<a href="#">Acne - Mild</a>	<a href="#">Athletes foot</a>	<a href="#">Burns &amp; Scalds – Minor</a>	<a href="#">Conjunctivitis - Allergic</a>
<a href="#">Conjunctivitis – Bacterial</a>	<a href="#">Cold, Cough &amp; Congestion</a>	<a href="#">Cold sores of the lip – Infrequent</a>	<a href="#">Constipation – short term</a>	<a href="#">Cradle Cap</a>
<a href="#">Cystitis – Mild</a>	<a href="#">Dandruff</a>	<a href="#">Dental caries – Prevention</a>	<a href="#">Dermatitis – Contact Mild</a>	<a href="#">Diarrhoea – Non-Serious adults</a>
<a href="#">Dry eyes/ Sore tired eyes</a>	<a href="#">Dry Skin – Mild</a>	<a href="#">Earwax</a>	<a href="#">Fungal skin/ Fungal nail</a>	<a href="#">Haemorrhoids</a>
<a href="#">Hayfever/ Seasonal Rhinitis</a>	<a href="#">Head Lice</a>	<a href="#">IBS</a>	<a href="#">Indigestion &amp; Heartburn</a>	<a href="#">Infant Colic</a>
<a href="#">Insect Bites and Stings</a>	<a href="#">Migraine – Infrequent</a>	<a href="#">Mouth Ulcers</a>	<a href="#">Nappy Rash</a>	<a href="#">Probiotics</a>
<a href="#">Ringworm</a>	<a href="#">Sore Throat – Acute</a>	<a href="#">Sun Burn</a>	<a href="#">Sun Protection</a>	<a href="#">Sweating</a>
<a href="#">Teething/ Mild Toothache</a>	<a href="#">Threadworm</a>	<a href="#">Thrush – Oral</a>	<a href="#">Thrush - Vaginal</a>	<a href="#">Travel Sickness</a>
<a href="#">Vitamins &amp; Minerals</a>	<a href="#">Warts and Verrucae</a>			

Products for these conditions are readily available and can be sold for self-care of minor ailments **EXCEPT** when a patient would not be able to purchase over-the-counter (OTC) due to product license restrictions e.g. for reasons of age or indication.

A prescription should be offered to patients who are affected by license restrictions.

Common OTC preparations with licensing restrictions are listed with details below. This is **NOT** a definitive list but a general guide.

While signposting for OTC products, please emphasise the value of buying a generic over a brand whenever possible, as the generic is usually much cheaper.

Refer to BNF or Stockleys for relevant drug interactions.

## Pharmacy First Service

Some people may benefit from a community pharmacist consultation under the Pharmacy First Service, for example those who have tried self-care but are still experiencing symptoms. Referrals into Pharmacy First can be made from the patient's EMIS record using the 'EMIS local services' button. Referrals can be made for minor illness and for 7 clinical conditions which may require medicines to be supplied via a patient group direction (PGD) by the pharmacist.

[NHS England » Community Pharmacy advanced service specification: NHS Pharmacy First Service](#)

Further information for general practice is available from [Community Pharmacy England](#) and via [Pharmacies - NHS Somerset ICB](#)

General Sales List (GSL) medicines – Can be sold by retailers, supermarkets, and community pharmacies.  
 Pharmacy License (P) medicines – Can **only** be sold under the supervision of a pharmacist.  
 To search this PDF press Ctrl+F, type a key word and press enter.

For additional guidance:

NHS England consultation- [Conditions for which over the counter items should not routinely be prescribed in primary care](#)

NHS Somerset formulary options: [NHS Somerset Prescribing Formulary](#)

NHS Somerset ICB prescribing and medicines management:

[NHS Somerset Prescribing and Medicines Management](#)

For additional resources:

NHS England- [Prescribing of over the counter medicines is changing](#)

<a href="#">NHS Somerset formulary guidance- Pregnancy, children and lactation</a> Medications may not be licenced to sell OTC in these cohorts, but this doesn't automatically mean they are not safe. Manufacturer licences may vary despite containing the same ingredients, the <a href="#">NHS website</a> is a quick resource to use but use the formulary and specialist links for detailed information. Medication requests for patients on <b>warfarin</b> & other anticoagulants, should be reviewed by their prescriber or pharmacist.			
Condition	Drug/ brands	OTC restrictions (not exhaustive)	GSL/P
<b>Aches &amp; Pains – Minor</b> Minor conditions associated with pain, discomfort, and fever, e.g. aches and sprains, headache, period pain, back pain	Various options available Aspirin 300mg (Anadin® Original) 325mg / tablet Caffeine PhEur 15mg/ tablet <b>Generic available</b>	<b>GSL: Can't be sold if:</b> <ul style="list-style-type: none"> <li>Child under 16 years old</li> <li>Had a bad reaction to aspirin, ibuprofen or other NSAIDS</li> <li>Asthmatic</li> <li>Haemophilia or blood clotting disorder</li> <li>Stomach ulcer, perforation or bleeding (Past or Present)</li> <li>Gout (Past or Present)</li> <li>Pregnancy or breastfeeding for pain. NB- See <a href="#">NHS Somerset</a> for low dose aspirin information.</li> </ul> Talk to clinician if taking any other medicines or, if: <ul style="list-style-type: none"> <li>Kidney, liver or heart problems</li> <li>Dehydrated</li> <li>High blood pressure</li> <li>Overactive thyroid</li> <li>Connective tissue disease</li> <li>Anaemic or lack of glucose 6-phosphate dehydrogenase</li> <li>Elderly or frailty</li> </ul>	GSL
	Topical Diclofenac gel (1.16% and 2.32% gel)  (Voltarol® Joint and Back Pain Relief Gel Motusol® Max 2.32% w/w gel)	<b>GSL: Can't be sold if:</b> <ul style="list-style-type: none"> <li>Child under 14 years old</li> <li>Using for &gt;7 days without consulting a clinician</li> <li>Asthmatic</li> <li>Using on broken, damaged, diseased or infected skin</li> <li>Stomach ulcer or an ulcer in the intestine (past or present)</li> <li>Had a bad reaction to aspirin, ibuprofen or other NSAIDS</li> <li>Taking aspirin, or other NSAIDS</li> <li>Excessive exposure to sunlight</li> </ul> <b>P: Can't be sold if:</b> <ul style="list-style-type: none"> <li>Using for &gt;14 days without consulting a clinician</li> </ul> Same criteria as GSL Caution GSL/ P: <ul style="list-style-type: none"> <li>Pregnancy- contraindicated in last trimester (only use in 1st and 2nd trimesters under medical supervision for the shortest duration possible)</li> <li>Breastfeeding – use on advice of GP or pharmacist, avoid on the breast to avoid ingestion by licking or contact with baby.</li> </ul>	GSL

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Condition	Drug/ brands	OTC restrictions (not exhaustive)	GSL/P
	Topical Ibuprofen Gel (5% and 10%) (Ibuleve®) <b>Generic available</b>	<b>GSL/P: Can't be sold if:</b> <ul style="list-style-type: none"> <li>Under 12 years old</li> <li>Asthmatic or Allergic rhinitis or urticaria (hives)</li> <li>Had a bad reaction to aspirin, ibuprofen or other NSAIDS</li> <li>On broken / infected / inflamed skin.</li> <li>Eczema</li> <li>Excessive exposure to sunlight</li> <li>Stomach ulcer, perforation or bleeding (Past or Present)</li> <li>Taking aspirin, or other NSAIDS</li> <li>Kidney Problems</li> <li>Taking medicines for high blood pressure, or to thin the blood</li> <li>Pregnancy- contraindicated in last trimester (only use in 1st and 2nd trimesters under medical supervision for the shortest duration possible)</li> <li>Breastfeeding – use on advice of GP or pharmacist, avoid on the breast to avoid ingestion by licking or contact with baby.</li> </ul>	GSL / P depending on indication.
	Ibuprofen 200mg, 400mg capsules/tablets oral- Except Suspension for children (Nurofen®) <b>Generic available</b>	<b>GSL/P: Can't be sold if:</b> <ul style="list-style-type: none"> <li>Child under 12 years old</li> <li>Stomach ulcer, perforation or bleeding (Past or Present)</li> <li>Asthmatic or Allergic rhinitis or urticarial (hives)</li> <li>Had a bad reaction to aspirin, ibuprofen or other NSAIDS</li> <li>Severe heart, kidney or liver failure</li> <li>Class IV heart failure</li> <li>Connective tissue disease</li> <li>Avoid use in chickenpox (varicella)</li> <li>Long-term indication</li> <li>Pregnancy- contraindicated in last trimester of pregnancy (only use in 1st and 2nd trimesters under medical supervision for the shortest duration possible)</li> </ul> <b>Not to be used if taking:</b> <ul style="list-style-type: none"> <li>Aspirin (daily dose above 75mg), or other NSAIDS</li> <li>Medicines to treat high blood pressure</li> <li>Medicines to thin the blood</li> <li>Water tablets (diuretics)</li> <li>Corticosteroids, lithium, methotrexate, zidovudine</li> <li>Quinolone antibiotics</li> <li>Medicines for depression (including SSRIs)</li> <li>Ciclosporin or tacrolimus</li> <li>Mifepristone in the last 12 days</li> </ul>	GSL / P depending on pack size
<b>Aches &amp; Pains – Minor (Continued)</b>	Ibuprofen Suspension for children 100mg/5ml (Anadin® Ibuprofen, Nurofen® for children) <b>Generic available</b>	<b>GSL/P: Can't be sold if:</b> <ul style="list-style-type: none"> <li>See above- Ibuprofen Oral (except age)</li> <li>Children under three months and weighing less than 5kg (Calprofen®, Nurofen®, some brands may vary)</li> <li>Children under 12 years (Anadin® Ibuprofen, Cuprofen®)</li> <li>Fructose allergy</li> <li>Avoid use in chickenpox (varicella)</li> <li>Severe renal or hepatic impairment</li> <li>Class IV heart failure</li> </ul> <b>Talk to clinician if:</b> <ul style="list-style-type: none"> <li>Using for &gt;24 hours for babies aged 3-6 months</li> <li>Using for &gt;3 days for children over 6 months</li> <li>Bowel Problems</li> <li>Dehydrated</li> </ul>	GSL/P depending on pack size

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Condition	Drug/ brands	OTC restrictions (not exhaustive)	GSL/P
		<ul style="list-style-type: none"> <li>Has chicken pox</li> </ul>	
	Paracetamol Suspension for children 120mg/5ml (Calpol® Infant) <b>Generic available</b>	GSL/P: <b>Can't be sold if:</b> <ul style="list-style-type: none"> <li>For a baby under 2 months old</li> <li>For a baby between 2-3 months old, under 4kg OR born before 37 weeks</li> <li>Kidney or liver problems</li> <li>Fructose intolerance</li> <li>Taking other medications</li> </ul> Talk to clinician if: <ul style="list-style-type: none"> <li>Using for &gt;2 doses in babies between 2-3 months old - for treatment of pain or fever</li> <li>Using for &gt;2 days in babies between 2-3 months old - for relief of fever after vaccinations</li> <li>Using for &gt;3 days in children between 3 months – 6 years</li> <li>Long term conditions requiring regular pain relief</li> <li>Severe renal or severe hepatic impairment (medical advice needed)</li> <li>Use with caution in patients with glutathione depletion due to metabolic deficiencies</li> <li>Fructose intolerance (Calpol® suspensions)</li> <li>Use with caution if on a low sodium diet due to high sodium content of sachet</li> </ul>	GSL / P
	Paracetamol Suspension for children 250mg/5ml (Calpol® SIX Plus) <b>Generic available</b>	GSL/P: <b>Can't be sold if:</b> <ul style="list-style-type: none"> <li>Child under 6 years old</li> <li>Kidney or liver problems</li> <li>Fructose intolerance</li> <li>Taking other medications</li> <li>Use with caution in patients with glutathione depletion due to metabolic deficiencies</li> <li>Use with caution if on a low sodium diet due to high sodium content of sachet</li> <li>Severe renal or severe hepatic impairment (medical advice needed)</li> </ul> Talk to clinician if: <ul style="list-style-type: none"> <li>Using for &gt;3 days</li> </ul>	GSL / P
<b>Acne - Mild</b>	Various options available GSL/P, appropriate for self-care. See <a href="#">Dermatology - NHS Somerset ICB</a> for more information. Pregnancy (only use if clearly needed), breastfeeding (caution)		
<b>Athletes foot</b>	Various options available GSL, appropriate for self-care.		
	Clotrimazole (Canesten® Dual Action 1% Cream) <b>Generic available</b>	P: Talk to the clinician if: <ul style="list-style-type: none"> <li>Symptoms do not improve within 7 days</li> </ul>	GSL / P P
	Clotrimazole with Hydrocortisone (Canesten HC®)	P: <b>Can't be sold if:</b> <ul style="list-style-type: none"> <li>Using for &gt;7 days</li> <li>Using on face, eyes or mucous membranes</li> <li>Skin is broken</li> <li>Child under 10 years old</li> <li>Any other skin problems such as cold sores, acne, herpes, chicken pox, or shingles</li> <li>On large areas of body, under dressings, or baby's nappies</li> <li>On the anal or genital area</li> <li>To treat ringworm</li> </ul>	P
	Miconazole 2%	GSL: <b>Can't be sold if:</b>	GSL

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	(Daktarin Cream / Powder / Aktiv® 0.16% Spray Powder)	<ul style="list-style-type: none"> <li>Skin is broken</li> <li>Hair or Nail infection</li> </ul> Talk to clinician if: <ul style="list-style-type: none"> <li>Pregnancy and breastfeeding – use with caution</li> <li>Taking anticoagulants NB- see <a href="#">BNF Interactions</a></li> </ul>	P
<b>Athletes foot (Continued)</b>	Miconazole with Hydrocortisone (Daktacort® hydrocortisone cream)	P: <b>Can't be sold if:</b> <ul style="list-style-type: none"> <li>Child under 10 years old</li> <li>Using for &gt;7 days</li> <li>Using on face, eyes or mucous membranes</li> <li>Skin is broken</li> <li>Any other skin problems such as cold sores, acne, herpes, chicken pox, or shingles</li> <li>On large areas of body, under dressings, or baby's nappies</li> <li>On the anal or genital area</li> <li>To treat ringworm</li> <li>Taking anticoagulants (e.g. warfarin) NB- see <a href="#">BNF Interactions</a></li> <li>Pregnancy</li> </ul>	P
	Terbinafine 1% (Lamisil® AT cream, Once solution)	GSL/P: <b>Can't be sold if:</b> <ul style="list-style-type: none"> <li>Child under 16 years old (Lamisil Once can't be sold if under 18)</li> <li>Using for &gt;14 days without consulting a clinician</li> <li>Using on face</li> <li>Pregnancy, breastfeeding</li> </ul>	GSL
<b>Burns &amp; Scalds - Minor</b>	Various options available <a href="#">GSL, appropriate for self-care</a> . However, more serious burns always require professional medical attention. Burns requiring hospital A&E treatment include but are not limited to: all chemical and electrical burns; large or deep burns; burns that cause white or charred skin; and burns on the face, hands, arms, feet, legs or genitals that cause blisters.		
<b>Conjunctivitis</b>	Simple conjunctivitis is self-limiting and will clear up on its own without the need for treatment. <a href="#">Minor Ailments Service Patient Group Directions (PGDs) – Community Pharmacy Somerset</a>		
<b>Conjunctivitis - Allergic</b>	Sodium Cromoglicate 2% eye drops (Opticrom® Hayfever Relief) <b>Generic available</b>	GSL: <b>Can't be sold if:</b> <ul style="list-style-type: none"> <li>Child under 6 years old</li> <li>Using contact lenses</li> <li>Dry eye syndrome</li> </ul> Pregnancy, breastfeeding – use with caution	GSL/P
<b>Conjunctivitis – Bacterial</b> <b>Most bacterial conjunctivitis is self-limiting so first line treatment is self-care</b>	Chloramphenicol 0.5% eye drops 1% eye ointment (Brolene® Antibiotic 0.5% eye drops, Optrex® Infected eye drops) <b>Generic available</b>	P: <b>Can't be sold if:</b> <ul style="list-style-type: none"> <li>Child under 2 years old</li> <li>Using for &gt;5 days without consulting a clinician</li> <li>Blood or bone marrow problems</li> <li>Those with a known personal or family history of blood dyscrasias including aplastic anaemia</li> <li>Using contact lenses</li> <li>Pregnancy, breastfeeding</li> </ul> Talk to clinician if: <ul style="list-style-type: none"> <li>Using other eye drops</li> <li>Eye surgery in last 6 months</li> <li>Eyesight affected or sensitive to bright lights</li> <li>Pain in eye, eye looks unusual or swollen</li> <li>Glaucoma or dry eyes</li> </ul>	P
	Cold, Cough & Congestion are self-limiting and will clear up on its own without the need for treatment. <a href="#">Various options available <a href="#">GSL</a></a> .		

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<b>Colds and Coughs &amp; nasal Congestion</b>	Pseudoephedrine hydrochloride 60mg (Sudafed®)	<p>P: <b>Can't be sold if:</b></p> <ul style="list-style-type: none"> <li>Child under 12 years old</li> <li>High blood pressure</li> <li>Heart disease</li> <li>Diabetic</li> <li>Taking MAOIs</li> <li>Avoid use in cardiovascular disease, hypertension, diabetes, hyperthyroidism, phaeochromocytoma, closed-angle glaucoma, severe renal impairment, concomitant sympathomimetic decongestants, betablockers or monoamine oxidase inhibitors (MAOIs), or within 14 days of stopping MAOI treatment</li> <li>Use with caution/avoid (depending on the brand) in patients with hyperexcitability, urination difficulty, prostatic enlargement, severe hepatic impairment, occlusive vascular disease, asthma. Other preparations may differ depending on the combination product</li> <li>Pregnancy</li> <li>Breastfeeding- AVOID all oral decongestants.</li> </ul> <p>Talk to clinician if taking any other medicines or, if:</p> <ul style="list-style-type: none"> <li>Kidney or liver problems</li> <li>Overactive thyroid</li> <li>Glaucoma</li> <li>Prostate problems</li> </ul>	P
<b>Colds and Coughs &amp; nasal Congestion - Short term</b>	Xylometazoline 0.1% nasal drops (Otrivine® Adult)	<p>GSL: <b>Can't be sold if:</b></p> <ul style="list-style-type: none"> <li>Child under 12 years old</li> <li>trans-sphenoidal hypophysectomy or surgery exposing the dura mater</li> <li>Narrow-angle glaucoma</li> <li>Rhinitis sicca or atrophic rhinitis.</li> <li>hypertension, cardiovascular disease, hyperthyroidism, diabetes mellitus or tri and tetra-cyclic antidepressant treatment</li> <li>People with phaeochromocytoma or prostatic hypertrophy or receiving monoamine oxidase inhibitors (MAOI) treatment or who have received them in the last two weeks.</li> <li>Do not use for more than seven consecutive days.</li> <li>Pregnant</li> <li>Use only on the advice of a doctor whilst breastfeeding.</li> </ul> <p><a href="#">Decongestants and Breastfeeding - The Breastfeeding Network</a> Decongestant nasal sprays containing xylometazoline, oxymetazoline are effective in relieving nasal congestion but do not produce wakefulness nor reduce milk supply. They are safe and effective but should not be used long term (more than 7 days). First-line treatment inhale steam frequently.</p>	GSL
<b>Cold sores of the lips and face - Infrequent</b>	Cold sores are self-limiting and will clear up on their own without the need for treatment.		
	Aciclovir 5% cream (Zovirax®, Virasorb®, Pinewood Cold Sore Cream) <b>Generic available</b>	<p>GSL: <b>Can't be sold if:</b></p> <ul style="list-style-type: none"> <li>Immunocompromised patient</li> <li>Only for face and lips, not on mucous membranes</li> <li>Not for the treatment of genital herpes or ocular herpes infections</li> </ul> <p>Talk to clinician if:</p> <ul style="list-style-type: none"> <li>Cold sore still present after 10 days of treatment</li> </ul>	GSL



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		<ul style="list-style-type: none"> <li>Pregnancy- aciclovir is acceptable when <a href="#">pregnant</a>. See <a href="#">NICE CKS</a>, it's important to avoid herpes infection of the newborn.</li> </ul>	
<b>Constipation – For the short-term relief of occasional constipation Adults (Infrequent)</b>	Various options available GSL, appropriate for self-care.		
	Bisacodyl 5mg tablets (Dulcolax® G/R Tablets Bisalax®, Sovolax®)	<p><b>GSL: Can't be sold if:</b></p> <ul style="list-style-type: none"> <li>Child under 18 years old</li> <li>Using at the same time as other laxatives</li> <li>Intestinal obstruction</li> <li>Appendicitis</li> <li>Inflammatory bowel disease</li> <li>Patients with ileus</li> <li>Severe abdominal pain with nausea and vomiting</li> <li>Severe dehydration</li> <li>Galactose intolerance, the Lapp lactase deficiency or glucose-galactose malabsorption, fructose intolerance or sucrase-isomaltase insufficiency</li> </ul> <p>Talk to clinician if:</p> <ul style="list-style-type: none"> <li>Using for &gt;5 days</li> <li>Suffering from heart rhythm problems</li> <li>Pregnancy – use alternative e.g. a compatible osmotic laxative</li> <li>breastfeeding use on medical advice</li> </ul> <p>Talk to clinician if taking:</p> <ul style="list-style-type: none"> <li>Corticosteroids</li> <li>Water tablets (Diuretics)</li> <li>Antacids</li> </ul>	GSL/P depending on pack size
	Bisacodyl (Dulcolax® 10mg Suppositories)	<p><b>P: Can't be sold if:</b></p> <ul style="list-style-type: none"> <li>Child under 12 years old</li> <li>Using at the same time as other laxatives</li> <li>Intestinal obstruction</li> <li>Appendicitis</li> <li>Inflammatory bowel disease</li> <li>Severe abdominal pain with nausea and vomiting</li> <li>Severe dehydration</li> <li>Anal fissures or ulcerative colitis</li> </ul> <p>Talk to clinician if:</p> <ul style="list-style-type: none"> <li>Using for &gt;5 days</li> <li>Suffering from heart rhythm problems</li> <li>Talk to your pharmacist or doctor before using if you are pregnant, planning to become pregnant, use alternative e.g. a compatible osmotic laxative</li> <li>breast-feeding- use on medical advice</li> </ul> <p>Talk to clinician if taking:</p> <ul style="list-style-type: none"> <li>Corticosteroids</li> <li>Water tablets (Diuretics)</li> <li>Antacids</li> <li>Other laxative medicines</li> </ul>	P
	Docusate Sodium (DulcoEase® 100mg capsules)	<p><b>GSL: Can't be sold if:</b></p> <ul style="list-style-type: none"> <li>Child under 18 years old</li> <li>Using at the same time as other laxatives</li> <li>Fructose intolerance</li> <li>Intestinal obstruction</li> <li>Abdominal pain of unknown origin</li> </ul>	GSL

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Condition	Drug/ brands	OTC restrictions (not exhaustive)	GSL/P
		<ul style="list-style-type: none"> <li>Nausea and vomiting</li> </ul>	
<b>Constipation – Infrequent</b>  <b>Adults (Continued)</b>	Lactulose Solution (Duphalac®) <b>Generic available</b>	P: <b>Can't be sold if:</b> <ul style="list-style-type: none"> <li>Suffering from galactosaemia</li> <li>Intestinal obstruction or subocclusive syndromes</li> <li>Inflammatory bowel disease</li> <li>Stomach perforation</li> <li>Abdominal pain of unknown origin</li> <li>Galactosaemia</li> </ul> Talk to clinician if: <ul style="list-style-type: none"> <li>Using for &gt;14 days</li> <li>Child under 14 years old</li> <li>Suffering from gastro-cardiac syndrome</li> <li>Lactose intolerant</li> <li>Diabetic</li> </ul> NB. NICE Cochrane QP review in June 2010 concluded that polyethylene glycol (macrogol) should be used in preference to lactulose for chronic constipation. Using polyethylene glycol in preference to lactulose is likely to improve the quality of patient care by reducing the use of a less effective treatment.	P
	Senna Tablets 7.5mg Adult (Senokot®) <b>Generic available</b>	GSL: <b>Can't be sold if:</b> <ul style="list-style-type: none"> <li>Child under 18 years old</li> <li>Using for &gt;7 days</li> <li>Using at the same time as other laxatives</li> <li>Intestinal obstruction</li> <li>Appendicitis</li> <li>Inflammatory bowel disease</li> <li>Abdominal pain of unknown origin</li> <li>Severe dehydration</li> <li>Severe dehydration with water and electrolyte depletion</li> <li>Pregnancy- use alternative e.g. a compatible osmotic laxative</li> </ul> Talk to clinician if: <ul style="list-style-type: none"> <li>No bowel movement after three days of taking</li> <li>The symptoms persist or worsen during use</li> <li>Laxatives are needed every day (Long-term use)</li> <li>Suffering from kidney problems</li> <li>Suffering from heart rhythm problems</li> <li>Suffering from faecal impaction, undiagnosed acute or persistent abdominal pain, nausea or vomiting</li> <li><b>Breastfeeding</b> (use is considered compatible while breastfeeding, but now off-label, <a href="#">alternatives</a> should be used before senna is prescribed while breastfeeding)</li> </ul> Talk to clinician if taking: <ul style="list-style-type: none"> <li>Corticosteroids</li> <li>Water tablets (Diuretics)</li> <li>Liquorice root</li> </ul>	GSL
<b>Constipation – For the short-term relief of occasional constipation</b>	Senna Syrup 7.5mg/5ml (Senokot® 7.5mg/5ml Syrup 12 Years Plus)	GSL/P: <b>Can't be sold if:</b> <ul style="list-style-type: none"> <li>Child under 12 years old</li> <li>Using for &gt;7 days</li> <li>Using other laxative agents</li> <li>Intestinal obstruction</li> <li>Appendicitis</li> </ul>	GSL / P



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Condition	Drug/ brands	OTC restrictions (not exhaustive)	GSL/P
<b>Adults (Continued)</b>		<ul style="list-style-type: none"> <li>Inflammatory bowel disease</li> <li>Abdominal pain of unknown origin</li> <li>Severe dehydration</li> <li>Fructose intolerance</li> <li>Pregnancy- use alternative e.g. a compatible osmotic laxative</li> </ul> <p>Talk to clinician if:</p> <ul style="list-style-type: none"> <li>No bowel movement after three days of taking</li> <li>The symptoms persist or worsen during use</li> <li>Laxatives are needed every day (Long-term use)</li> <li>Suffering from kidney problems</li> <li>Suffering from heart rhythm problems</li> <li>Suffering from faecal impaction, undiagnosed acute or persistent abdominal pain, nausea or vomiting</li> <li><a href="#">Breastfeeding</a> (use is considered compatible while breastfeeding, but now off-label, <a href="#">alternatives</a> should be used before senna is prescribed while breastfeeding)</li> </ul> <p>Talk to clinician if taking:</p> <ul style="list-style-type: none"> <li>Corticosteroids</li> <li>Water tablets (Diuretics)</li> <li>Liquorice root</li> </ul>	
	Senna Max Strength Tablets (Senokot® Max Strength 15mg tablets) <b>Generic available</b>	<p>GSL: <b>Can't be sold if:</b></p> <ul style="list-style-type: none"> <li>Child under 18 years old</li> <li>Using for &gt;7 days</li> <li>Using at the same time as other laxatives</li> <li>Intestinal obstruction</li> <li>Appendicitis</li> <li>Inflammatory bowel disease</li> <li>Abdominal pain of unknown origin</li> <li>Severe dehydration with water and electrolyte depletion</li> <li>Pregnancy use alternative e.g. a compatible osmotic laxative</li> </ul> <p>Talk to clinician if:</p> <ul style="list-style-type: none"> <li>No bowel movement after three days of taking</li> <li>The symptoms persist or worsen during use</li> <li>Laxatives are needed every day (Long-term use)</li> <li>Suffering from kidney problems</li> <li>Suffering from heart rhythm problems</li> <li>Suffering from faecal impaction, undiagnosed acute or persistent abdominal pain, nausea or vomiting</li> <li><a href="#">Breastfeeding</a> (use is considered compatible while breastfeeding, but now off-label, <a href="#">alternatives</a> should be used before senna is prescribed while breastfeeding)</li> </ul> <p>Talk to clinician if taking:</p> <ul style="list-style-type: none"> <li>Corticosteroids</li> <li>Water tablets (Diuretics)</li> <li>Liquorice root</li> </ul>	GSL / P
<b>Cradle Cap (Seborrhoeic dermatitis- infants)</b>	Cradle Cap is self-limiting and will clear up on its own without the need for treatment <b>EXCEPT</b> if it is causing distress to the infant and not improving. Various options available GSL.		
<b>Cystitis – Mild (Uncomplicated lower urinary)</b>	Mild Cystitis is self-limiting and will clear up on its own without the need for treatment. Various options available GSL. Signpost for symptoms in pregnancy		

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Condition	Drug/ brands	OTC restrictions (not exhaustive)	GSL/P
tract infection in women)			
<b>Dandruff</b>	Various options available GSL / P, appropriate for self-care.		
<b>Dental caries (dental decay) – Prevention</b>	Various options available GSL, appropriate for self-care. Prescription only medicines need to be re-directed to the dentist to prescribe		
<b>Dermatitis – Contact Mild irritant</b>	Various options available GSL, appropriate for self-care.		
	Hydrocortisone (Hc45®) <b>Generic available</b>	GSL/P: <b>Can't be sold if:</b> <ul style="list-style-type: none"> <li>Child under 10 years of age</li> <li>Child under 3 years of age (Eurax®)</li> <li>Exudative, ulcerated, broken or inflamed skin</li> <li>Buccal mucosa, face, scalp, in and around the eyes, and anogenital region</li> <li>Untreated bacterial, viral, tuberculous or fungal infections</li> <li>Using for &gt;7 days</li> <li>Pregnancy, breastfeeding- some brands exclude from licence for sale, some brands are licenced for use under guidance of their pharmacist or clinician. OTC licences do not include use on chest or nipple while breastfeeding- talk to a clinician.</li> </ul>	GSL / P
<b>Diarrhoea – Non-Serious</b>	Various options available GSL, appropriate for self-care.		
	Loperamide (Imodium®) <b>Generic available</b>	GSL/P: Adults and children of 12 years and over with short term diarrhoea. Don't take for >24 hours. <b>Can't be sold if:</b> <ul style="list-style-type: none"> <li>Child under 12 years old</li> <li>Child under 18 years old (To treat diagnosed IBS- Not for &gt;14 days)</li> <li>Irritable bowel syndrome (IBS) that has not been diagnosed by a doctor</li> <li>Severe diarrhoea after antibiotics</li> <li>Flare up of inflammatory bowel condition</li> <li>Constipated or swollen stomach</li> <li>Acute Dysentery</li> <li>When inhibition of peristalsis is to be avoided</li> <li>Galactose intolerance, the Lapp lactase deficiency or glucose-galactose malabsorption</li> </ul> Talk to clinician if taking any other medicines or, if: <ul style="list-style-type: none"> <li>Liver or renal disease</li> <li>Diarrhoea for &gt;48 hours</li> <li>Recently travelled abroad</li> <li>Pregnant or breastfeeding (breastfeeding can continue while unwell.)</li> </ul>	GSL / P  Depending on pack size
<b>Diarrhoea &amp;/or vomiting – Non-Serious</b>	Oral rehydration solutions / sachets (Dioralyte®) <b>Generic available</b>	GSL/P: Adults, children and infants up to the age of 1 years for the treatment of fluid and electrolyte loss associated with acute diarrhoea. Don't take for >24-48 hours) <b>Can't be sold if: (without clinician input and at the discretion of the pharmacist)</b> <ul style="list-style-type: none"> <li>Chronic or persistent diarrhoea.</li> <li>Liver or kidney disease</li> <li>Diabetes</li> </ul>	GSL / P

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Condition	Drug/ brands	OTC restrictions (not exhaustive)	GSL/P
		<ul style="list-style-type: none"> <li>Phenylketonuria</li> <li>On low potassium or sodium diets</li> <li>With an intestinal obstruction</li> </ul> <p>Talk to clinician if taking any other medicines or, if:</p> <ul style="list-style-type: none"> <li>Under 2 years of age- guidance for how much to give is needed from GP or pharmacist. For babies 3-12 months freshly boiled cooled water must be used to make up as per instructions. See <a href="#">NHS- Dehydration</a> for RED flags. <a href="#">Continue to breastfeed as usual, if formula fed continue as usual, do not water down the mix.</a> Important to note, the patient information leaflet contradicts NHS guidance on dehydration.</li> <li>Allergic (hypersensitive) to glucose, sodium chloride, potassium chloride and disodium hydrogen citrate or any of the other ingredients</li> </ul> <p>Pharmacist or clinician to advise:</p> <ul style="list-style-type: none"> <li>During pregnancy and lactation. This includes if planning to get pregnant or think you might be pregnant.</li> </ul>	
<b>Dry eyes/ Sore tired eyes – Mild</b>	<p>Various options available GSL, appropriate for self-care.</p> <p>Pregnancy, breastfeeding with carbomer (check individual brands), also see <a href="#">Carmellose sodium - NHS</a></p> <p>Use with soft contact lenses (check individual brands, consider the expiry date of regular eye drop dispensers if infrequent use- some preparations have a longer shelf life once open, or single unit doses)</p>		
<b>Dry Skin – Mild</b>	<p>Various options available GSL, appropriate for self-care. See <a href="#">Dermatology - NHS Somerset ICB</a> for patient safety information. Aqueous cream is not recommended for use.</p>		
<b>Dry and pruritic skin conditions (Bath and shower emollients)</b>	<p>Based on current evidence bath and shower emollients may offer little or no benefit. Bath and shower emollients are non-formulary.</p> <p>Prescribers in primary care should not initiate bath and shower preparations for any new patient. Where appropriate deprescribe bath and shower preparations and substitute with "leave-on" emollients. <a href="#">Items which should not routinely be prescribed in primary care: policy guidance Updated 2023</a></p> <p>If patients still wish to use bath and/or shower emollients a variety are available to buy over the counter such as Aveeno, E45 and Oilatum.</p> <p>NB. Dermol 200® Shower Emollient and Dermol 600® Bath Emollient can only be bought from a pharmacy, preparations with antimicrobial action, should be reserved for use during infections.</p>		
<b>Earwax</b>	<p>Various options available GSL, appropriate for self-care. GSL (olive oil) P (all other ear drops/ sprays)</p> <p>NB. All ear drops contra-indicated in perforated ear drum.</p>		
<b>Fungal skin/ Fungal nail</b>	<p>Amorolfine nail lacquer (Curanail ®5%)</p> <p><b>Generic available</b></p>	<p>GSL / P: <b>Can't be sold if:</b></p> <ul style="list-style-type: none"> <li>&gt;2 nails are affected</li> <li>Unless the infection is on the upper half or sides of the nail</li> <li>Under 18 years old</li> <li>Diabetic</li> <li>Weak immune system</li> <li>Poor circulation in hands and feet</li> <li>Nail severely damaged or infected</li> <li>Pregnancy and/or lactation</li> </ul>	GSL / P
	<p>Clotrimazole (Canesten® 1% Cream)</p> <p><b>Generic available</b></p>	<p>P: Talk to clinician if:</p> <ul style="list-style-type: none"> <li>Symptoms do not improve within 7 days</li> </ul>	P
	<p>Miconazole with Hydrocortisone (Daktacort HC® Cream)</p>	<p>(See <a href="#">athletes' foot</a>)</p>	P
<b>Haemorrhoids</b>	<p>Haemorrhoids in many cases are self-limiting and will clear up on their own without the need for treatment. Talk to a pharmacist or clinician if:</p> <ul style="list-style-type: none"> <li>Persistent or severe symptoms</li> </ul>		

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Condition	Drug/ brands	OTC restrictions (not exhaustive)	GSL/P
	<ul style="list-style-type: none"> <li>Rectal bleeding or blood in stools</li> <li>Pregnancy, breastfeeding – see - <a href="#">Pregnancy, breastfeeding and fertility while using hydrocortisone for piles and itchy bottom NHS</a></li> </ul> <p>Various options available GSL / P</p>		
<b>Hayfever/ Seasonal Rhinitis</b> Mild to moderate hay fever/allergic rhinitis	<p>Various options available GSL, appropriate for self-care. May not be suitable if due to have an allergy test- usually will need to be stopped a few days in advance- follow medical advice.</p>		
	Acrivastine 8mg capsule (Benadryl® Allergy Relief) <b>Generic available</b>	<b>GSL/P: Can't be sold if:</b> <ul style="list-style-type: none"> <li>Child under 12 years old</li> <li>Adult over 65 years old</li> <li>Kidney problems</li> <li>Epilepsy</li> <li>Porphyria</li> <li>Pregnancy, breastfeeding (alternatives may be preferred, see – <a href="#">(Acrivastine NHS)</a>)</li> <li>Galactose intolerance, the Lapp lactase deficiency or glucose-galactose malabsorption</li> </ul>	<b>GSL/ P</b> depending on pack sizes
	Acrivastine with Pseudoephedrine hydrochloride (Benadryl® allergy relief plus caps)	<b>P: Can't be sold if:</b> <ul style="list-style-type: none"> <li>Child under 12 years old</li> <li>Adult over 65 years old</li> <li>High blood pressure</li> <li>Heart disease</li> <li>Diabetic</li> <li>Taking MAOIs</li> <li>Epilepsy</li> <li>Porphyria</li> </ul> <p>Talk to clinician if taking any other medicines or, if:</p> <ul style="list-style-type: none"> <li>Kidney or liver problems</li> <li>Overactive thyroid</li> <li>Glaucoma</li> <li>Prostate problems</li> <li>Do not use in pregnancy or breastfeeding (all oral decongestants should be avoided.) Other antihistamines would be suitable.</li> </ul>	<b>P</b>
	Beclomethasone 0.05% nasal spray (Beconase® Hayfever) <b>Generic available</b>	<b>GSL: Can't be sold if:</b> <ul style="list-style-type: none"> <li>Under 18 years old</li> <li>Using for &gt;1 month without consulting a clinician</li> <li>Nasal infection/ulcers or recently had surgery on nose</li> </ul> <b>P: Can't be sold if:</b> <ul style="list-style-type: none"> <li>Using for &gt;3 months without consulting a clinician</li> <li>Same criteria as GSL</li> <li>Caution with renal impairment, history of glaucoma, nose infection, sinus trouble, recent surgery or injury to nose, ulcers in nose, using or recently used other corticosteroid medicines</li> </ul> <p>Speak to pharmacist or doctor if:</p> <ul style="list-style-type: none"> <li>Taking other steroids, or some medicines to treat HIV</li> <li>Pregnancy, breastfeeding– see - <a href="#">Pregnancy, breastfeeding and fertility while using beclomethasone nasal spray - NHS</a></li> </ul>	<b>GSL:P:</b> depending on pack sizes

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Condition	Drug/ brands	OTC restrictions (not exhaustive)	GSL/P
	<b>Budesonide nasal spray (Benacort®)</b>	<p>P: <b>Can't be sold if:</b></p> <ul style="list-style-type: none"> <li>Under 18 years old</li> <li>Using for &gt;3 months without consulting a clinician</li> </ul> <p>Talk to pharmacist or clinician if:</p> <ul style="list-style-type: none"> <li>Symptoms persist after 2 weeks of treatment</li> <li>Taking steroids</li> <li>Infections of the airways, nasal passages or sinuses</li> <li>Have/ have been exposed to someone with tuberculosis, chicken pox or measles</li> <li>Severe/ frequent nose bleeds, recent nose ulcers/ injury/ surgery</li> <li>Diagnosed with glaucoma, cataracts or eye infection</li> <li>Diabetic</li> <li>Liver problems</li> <li>Taking other medicines, including treatment for fungal infections, clarithromycin, HIV treatment, oestrogens in the combined contraceptive pill, or other steroids.</li> <li>Pregnancy and breastfeeding see - <a href="#">Pregnancy, breastfeeding and fertility while using budesonide nasal spray - NHS</a></li> </ul>	GSL: N/A P
<b><u>Hayfever/ Seasonal Rhinitis</u></b> <b>(Continued)</b>	Cetirizine oral 10mg tablets formulation - except Solution.  (Benadryl® Allergy One A Day/ Zirtek®) <b>Generic available</b>	<p>GSL/P: <b>Can't be sold if:</b></p> <ul style="list-style-type: none"> <li>Child under 6 years old (Zirtek Allergy)- use liquid</li> <li>Child under 12 years old (Benadryl Allergy One A Day)- use liquid</li> </ul> <p>Talk to pharmacist or clinician if:</p> <ul style="list-style-type: none"> <li>Epileptic</li> <li>Kidney problems</li> <li>Difficulty passing urine</li> <li>Pregnancy, breastfeeding –see <a href="#">Cetirizine - NHS</a></li> </ul>	GSL / P  Depending on pack sizes
	Cetirizine 1mg/ml Oral Solution  (Benadryl® Allergy Children's) <b>Generic available</b>	<p>GSL: <b>Can't be sold if:</b></p> <ul style="list-style-type: none"> <li>Child under 6 years old</li> </ul> <p>Talk to pharmacist or clinician if:</p> <ul style="list-style-type: none"> <li>Epileptic</li> <li>Kidney problems</li> <li>Difficulty passing urine</li> <li>Pregnancy or breastfeeding see <a href="#">Cetirizine - NHS</a></li> </ul> <p>P: <b>Can't be sold if:</b></p> <ul style="list-style-type: none"> <li>Child under 2 years old</li> <li>Same criteria as GSL</li> </ul>	GSL: P:
	Chlorphenamine oral 4mg tablets – Except Syrup (Piriton®) <b>Generic available</b>	<p>P: <b>Can't be sold if:</b></p> <ul style="list-style-type: none"> <li>Child under 6 years old</li> <li>Concurrent use of alcohol</li> <li>Glucose-galactose malabsorption/ intolerance</li> </ul> <p>Talk to clinician if:</p> <ul style="list-style-type: none"> <li>Taking other antihistamines, phenytoin, MAOIs (current or within last 14 days), hypnotics, anxiolytics</li> <li>Epileptic</li> <li>Has glaucoma</li> <li>Enlarged prostate</li> <li>Severe hypertension or heart disease</li> <li>Bronchitis, bronchiectasis or asthma - do not use during an asthma attack</li> <li>Diabetic</li> <li>Overactive thyroid</li> </ul>	GSL: N/A P

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Condition	Drug/ brands	OTC restrictions (not exhaustive)	GSL/P
		<ul style="list-style-type: none"> <li>• Difficulty passing urine</li> <li>• Porphyria</li> <li>• Bowel obstruction</li> <li>• Liver or kidney problems</li> <li>• Pregnancy, breastfeeding (medical advice needed) - see <a href="#">Chlorphenamine - NHS</a></li> </ul>	
	Chlorphenamine 2mg/5ml Syrup (Piriton®) <b>Generic available</b>	P: <b>Can't be sold if:</b> <ul style="list-style-type: none"> <li>• Child under 1 year old</li> <li>• Suffering from alcoholism</li> <li>• Fructose intolerance, glucose-galactose malabsorption or sucrose-isomaltase insufficiency</li> </ul> Talk to clinician if: <ul style="list-style-type: none"> <li>• Taking other antihistamines, phenytoin, MAOIs (current or within last 14 days), hypnotics, anxiolytics</li> <li>• Epileptic</li> <li>• Has glaucoma</li> <li>• Enlarged prostate</li> <li>• Severe hypertension or heart disease</li> <li>• Bronchitis, bronchiectasis or asthma-do not use during an asthma attack</li> <li>• Liver or kidney problems</li> <li>• Diabetic</li> <li>• Overactive thyroid</li> <li>• Difficulty passing urine</li> <li>• Porphyria</li> <li>• Bowel obstruction</li> <li>• Pregnancy or breastfeeding- see <a href="#">Chlorphenamine - NHS</a></li> </ul>	P
	Fexofenadine 120mg tablets (Alleuvia® 120mg)	GSL: <b>Can't be sold if:</b> <ul style="list-style-type: none"> <li>• <a href="#">Children under 12 years</a></li> <li>• <a href="#">Should only be used on the advice of a doctor in the elderly, renally or hepatically impaired patients, and those with a history of or ongoing cardiovascular disease</a></li> </ul>	GSL
	Fluticasone nasal spray (Pirinase®) <b>Generic available</b>	GSL: <b>Can't be sold if:</b> <ul style="list-style-type: none"> <li>• <a href="#">Under 18 years old</a></li> <li>• <a href="#">Using for &gt;1 month without consulting a clinician</a></li> <li>• <a href="#">Nasal infection/ulcers or recently had surgery on nose</a></li> </ul> P: <b>Can't be sold if:</b> <ul style="list-style-type: none"> <li>• Using for &gt;3 months without consulting a clinician</li> <li>• Same criteria as GSL</li> </ul> Speak to pharmacist or doctor if: <ul style="list-style-type: none"> <li>• Taking other medicines including other steroids, those for fungal infections or for HIV</li> <li>• Recent nasal trauma, injury, or surgery</li> <li>• May be used on the advice of doctor in pregnancy or breast feeding.</li> </ul>	GSL/P: 60 sprays
<b>Hayfever/ Seasonal Rhinitis (Continued)</b>	Loratadine oral – Except Solution (Claritin® Allergy) <b>Generic available</b>	GSL: <b>Can't be sold if:</b> <ul style="list-style-type: none"> <li>• <a href="#">Child under 6 years old or body weight less than 30kg</a></li> </ul> Talk to clinician if: <ul style="list-style-type: none"> <li>• <a href="#">Liver problems</a></li> <li>• <a href="#">Pregnancy, breastfeeding see- Loratadine - NHS (www.nhs.uk)</a></li> </ul> P: <b>Can't be sold if:</b> <ul style="list-style-type: none"> <li>• Child under 2 years old or a body weight less than 30kg</li> <li>• Same criteria as GSL</li> </ul>	GSL: 30 P: >30



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Condition	Drug/ brands	OTC restrictions (not exhaustive)	GSL/P
	Loratadine Solution 1mg/ml (Claritin® Allergy) <b>Generic available</b>	GSL/P: <b>Can't be sold if:</b> <ul style="list-style-type: none"> <li>Child under 2 years old</li> </ul> <b>Talk to clinician if:</b> <ul style="list-style-type: none"> <li>Liver problems</li> <li>Pregnancy or breastfeeding (not licenced to sell but considered compatible see <a href="#">Loratadine - NHS (www.nhs.uk)</a>)</li> </ul>	GSL P
	Triamcinolone nasal spray (Nasacort® Allergy)	GSL: <b>Can't be sold if:</b> <ul style="list-style-type: none"> <li>Under 18 years old</li> <li>Using for &gt;3 months without consulting a clinician</li> <li>Nasal infection</li> <li>Taking medicines for HIV</li> </ul> <b>Talk to clinician if:</b> <ul style="list-style-type: none"> <li>Symptoms worsen or do not improve within 7 days of treatment</li> <li>Taking steroids (any route)</li> <li>Severe/ frequent nose bleeds, recent nose ulcers/ injury/ surgery</li> <li>Cataracts or glaucoma</li> <li>Pregnancy- do not use except on the advice of a doctor</li> <li>Breastfeeding- acceptable on the advice of a doctor, but an alternative may be preferred (fluticasone or beclometasone)</li> <li><a href="#">Triamcinolone - Drugs and Lactation Database (LactMed®) - NCBI Bookshelf (nih.gov)</a></li> </ul>	GSL
<b><u>Hayfever/ Seasonal Rhinitis (Continued)</u></b>	Sodium cromoglicate 2% eye drops Allercrom® <ul style="list-style-type: none"> <li>Aspire Hayfever Relief</li> <li>Catacrom® preservative free single dose</li> <li>Librachrom®</li> <li>Opticrom®</li> <li>Optrex® Hayfever Relief</li> </ul> <b>Generic available</b>	<ul style="list-style-type: none"> <li>Some brands are not licensed for children under 6 years (Allercrom®)</li> <li>Continuous treatment for more than 14 days (Allercrom®), or more than 3 months in other brands/ generics.</li> <li>Pregnancy- talk to your doctor</li> <li>Breastfeeding – considered compatible, on advice of pharmacist or doctor</li> <li>Caution with dry eye syndrome</li> <li>Do not use with soft contact lenses, remove other types of contact lenses before instilling drops, use glasses during the course of treatment.</li> </ul>	
<b><u>Head Lice</u></b>	<b>Various options available GSL, appropriate for self-care.</b> Medicated treatments can be used from 6 months of age. Various conditioner / Headlice combs for wet combing are available. OTC chemical treatment (as opposed to wet combing) is only recommended in exceptional circumstances.		
<b><u>IBS</u></b>	Hyoscine butylbromide 10mg (Buscopan®)	GSL: Buscopan IBS Relief® - <b>Do not take:</b> <ul style="list-style-type: none"> <li>Unless have medically confirmed IBS</li> <li>See 'Buscopan cramps®' (below)</li> </ul> P: Buscopan Cramps®- <b>Do not take if:</b> <ul style="list-style-type: none"> <li>Child under 12 years old</li> <li>Heart, liver or kidney problems</li> <li>Blood in stools</li> <li>40 years old or over and IBS symptoms have changed</li> <li>Nausea or vomiting</li> <li>Severe constipation</li> <li>Fever</li> <li>Recently travelled abroad</li> </ul>	GSL P



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Condition	Drug/ brands	OTC restrictions (not exhaustive)	GSL/P
		<ul style="list-style-type: none"> <li>Tired and look pale</li> <li>Difficulty passing urine</li> <li>glaucoma (an eye problem)</li> <li>'myasthenia gravis' (a very rare muscle weakness problem)</li> <li>suspected or confirmed blockage of the bowel</li> <li>enlarged bowel (megacolon)</li> <li>pregnant, likely to get pregnant, or are breastfeeding</li> <li>Speak to pharmacist or doctor if taking any other medicines.</li> </ul>	
	Mebeverine (Colofac IBS® 135mg tablets, IBS Relief)	<p>P: <b>Can't be sold if:</b></p> <ul style="list-style-type: none"> <li>Under 18 years old</li> <li>Not diagnosed with IBS</li> <li>Kidney or liver problems</li> <li>Blood in stools</li> <li>40 years old or over and IBS symptoms have changed</li> <li>Nausea or vomiting</li> <li>Severe constipation</li> <li>Fever</li> <li>Recently travelled abroad</li> <li>Tired and look pale</li> <li>Difficulty passing urine</li> <li>Breast-feeding.</li> </ul> <p>Talk to clinician if:</p> <ul style="list-style-type: none"> <li>You have liver or kidney problems</li> <li>Pregnancy, or planning pregnancy</li> </ul>	P
<b>IBS (Continued)</b>	Peppermint Capsules (Colpermin® IBS Relief)	<p>GSL: <b>Can't be sold if:</b></p> <ul style="list-style-type: none"> <li>Child under 15 years old</li> <li>Allergic to peanuts or soya</li> </ul> <p>Talk to clinician if:</p> <ul style="list-style-type: none"> <li>First presentation of these symptoms, to confirm IBS</li> <li>40 years old or over, some time since the last attack, or symptoms have changed</li> <li>Blood in stools</li> <li>Nausea or vomiting</li> <li>Loss of appetite or weight</li> <li>Severe constipation</li> <li>Fever</li> <li>Recently travelled abroad</li> <li>Tired and look pale</li> <li>Difficulty passing urine</li> <li>Abnormal vaginal bleeding or discharge</li> <li>New symptoms, worsening of the condition or failure to improve over two weeks</li> <li>Pregnancy or planning a pregnancy or possibly pregnant.</li> <li>Breastfeeding- risk of reduction of supply, consider alternatives.</li> </ul>	GSL
<b>Indigestion &amp; Heartburn - Remedies for occasional use</b>	Various options available GSL, appropriate for self-care.		
	Bismuth Subsalicylate (Pepto-Bismol®)	<p>P: <b>Can't be sold if:</b></p> <ul style="list-style-type: none"> <li>Under 16 years old</li> <li>Allergic to Aspirin or salicylates</li> <li>Symptoms are severe or persist for &gt;2 days</li> </ul> <p>Not to be used if taking:</p>	GSL:N/A P: 24 or 480ml

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Condition	Drug/ brands	OTC restrictions (not exhaustive)	GSL/P
		<ul style="list-style-type: none"> <li>Aspirin</li> </ul> Talk to clinician if suffering from/ receiving treatment for: <ul style="list-style-type: none"> <li>Thinning the blood (Anticoagulants e.g. Warfarin)</li> <li>Diabetes</li> <li>Gout</li> <li>Tetracycline antibiotics</li> </ul>	
	Esomeprazole 20mg (Nexium Control®, Guardium®)	<b>GSL: Can't be sold if:</b> <ul style="list-style-type: none"> <li>Under 18 years old</li> <li>Using for &gt;14 days</li> <li>Allergic to PPIs</li> <li>Taking Nelfinavir</li> <li>Patients with rare hereditary problems of galactose intolerance, total lactase deficiency or glucose-galactose malabsorption</li> </ul> Talk to clinician if taking any other medicines or, if: <ul style="list-style-type: none"> <li>Stomach ulcer or surgery in past</li> <li>Severe kidney or liver problems</li> <li>Unexplained weight loss</li> <li>Over 55 with new or changed reflux symptoms</li> <li>Been taking reflux/heartburn treatment for &gt;4 weeks</li> <li>Pregnancy and breast feeding</li> </ul>	GSL
	Omeprazole 10mg/20mg - (Pyrocalm Control 20mg g/r tablets)	<b>GSL: Can't be sold if:</b> <ul style="list-style-type: none"> <li>Under 18 years old</li> <li>Using for &gt;14 days</li> <li>Allergic to PPIs</li> <li>Taking Nelfinavir</li> <li>Patients with rare hereditary problems of galactose intolerance, total lactase deficiency or glucose-galactose malabsorption</li> </ul> Talk to clinician if taking any other medicines or, if: <ul style="list-style-type: none"> <li>Stomach ulcer or surgery in past</li> <li>Severe kidney or liver problems</li> <li>Unexplained weight loss</li> <li>Over 55 with new or changed reflux symptoms</li> <li>Been taking reflux/heartburn treatment for &gt;4 weeks</li> <li>Pregnancy or breastfeeding- acceptable for use under the advice of doctor</li> </ul>	GSL
<b>Indigestion &amp; Heartburn - Remedies for occasional use (Continued)</b>	Pantoprazole 20mg	<b>P: Can't be sold if:</b> <ul style="list-style-type: none"> <li>Under 18 years old</li> <li>Using for &gt;4 weeks without consulting a clinician</li> <li>Taking Atazanavir</li> </ul> Talk to clinician if taking any other medicines or, if: <ul style="list-style-type: none"> <li>Stomach ulcer or surgery in past</li> <li>Severe kidney or liver problems</li> <li>Unexplained weight loss</li> <li>Over 55 with new or changed reflux symptoms</li> <li>Been taking reflux/heartburn treatment for &gt;4 weeks</li> <li>Pregnancy</li> <li>Breastfeeding</li> </ul>	P
<b>Infant Colic</b>	Infant Colic is self-limiting and will clear up on its own without the need for treatment. <b>Various options available GSL.</b> OTC treatments may be tried; there is limited evidence for the effectiveness of these treatments. Ongoing or severe symptoms may benefit from a feeding assessment and/ or support from HV		

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Condition	Drug/ brands	OTC restrictions (not exhaustive)	GSL/P
<b><u>Insect Bites and Stings</u></b>	<a href="#">Various options available</a> <a href="#">GSL / P, appropriate for self-care.</a> Options for treatment include Antihistamine creams or tablets, Pain killers and Hydrocortisone cream (see <a href="#">Dermatitis</a> ).		
<b><u>Delaying menstruation during holidays / postponing menstruation</u></b>	For convenience / holiday or travel, POM available from private or online clinic/ pharmacy.  Not for NHS prescribing		
<b><u>Migraine - Infrequent</u></b>	Buclizine hydrochloride/ codeine phosphate/ paracetamol (Migraleve® Pink)	P: <b>Can't be sold if:</b> <ul style="list-style-type: none"> <li>Child under 12 years old</li> <li>Migraine hasn't been diagnosed</li> <li>Taking for &gt;3 days</li> <li>Concurrent use of alcohol</li> <li>Paediatric patients undergone tonsillectomy or adenoidectomy for Obstructive Sleep Apnoea Syndrome</li> <li>Head injury, intracranial pressure is increased</li> <li>Acute respiratory depression</li> <li>Obstructive bowel disorders</li> <li>At risk of paralytic ileus</li> </ul> Talk to clinician if taking any other medicines or, if: <ul style="list-style-type: none"> <li>Kidney and liver problems</li> <li>Prostatic hypertrophy and urinary retention</li> <li>Susceptible to angle-closure glaucoma</li> <li>Patient has CYP2D6 ultra-rapid metabolisers</li> <li>Convulsive disorders</li> <li>Decreased respiratory reserve, bronchial asthma, pulmonary oedema or obstructive airway disease</li> <li>Codeine is not compatible with breastfeeding, use an alternative opioid/ pain relief.</li> <li>Pregnant</li> </ul>	<a href="#">GSL:N/A</a> P:24
<b><u>Migraine – Infrequent (Continued)</u></b>	Sumatriptan (Imigran®) <b>Generic available</b>	P: <b>Can't be sold if:</b> <ul style="list-style-type: none"> <li>Under 18 years old</li> <li>Over 65 years old</li> <li>Using prophylactically</li> <li>Cardiac arrhythmias, heart disease or suffered heart attack</li> <li>Had stroke or TIA / mini-stroke</li> <li>Hypertension</li> <li>Kidney or liver problems</li> <li>History of seizures</li> <li>To treat Hemiplegic/ Basilar/ Ophthalmoplegic migraine</li> </ul> Not to be used if taking: <ul style="list-style-type: none"> <li>Ergotamine or derivatives of ergotamine</li> <li>MAOIs current or within the last 2 weeks</li> <li>Any 5-HT1 receptor agonist (triptan)</li> </ul>	P
<b><u>Migraine – Infrequent (Continued)</u></b>	Prochlorperazine maleate, (Buccastem M®) tablets 3mg	P: <b>Can't be sold if:</b> <ul style="list-style-type: none"> <li>Under 18 years old</li> <li>Impaired liver function</li> <li>Existing blood dyscrasias</li> <li>Epilepsy</li> <li>Parkinson's disease</li> <li>prostatic hypertrophy</li> </ul>	P

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Condition	Drug/ brands	OTC restrictions (not exhaustive)	GSL/P
		<ul style="list-style-type: none"> <li>Narrow angle glaucoma</li> <li>pregnancy, breastfeeding</li> </ul> Talk to clinician if taking any other medicines or, if: <ul style="list-style-type: none"> <li>if there is a personal or family history of blood clots; risk factors for a blood clot or stroke (high blood pressure, high cholesterol level, diabetes, smoking)</li> <li>maximum of two days treatment</li> </ul>	
<b>Mouth Ulcers</b>	Various options available GSL, appropriate for self-care.		
<b>Nappy Rash (Simple/uncomplicated)</b>	Various options available GSL, appropriate for self-care.		
<b>Probiotics</b>	There is currently insufficient clinical evidence to support the prescribing of probiotics within the NHS for the treatment or prevention of diarrhoea of any cause. Probiotic preparations are no longer listed in Part XV (Borderline Substances) in the Drug Tariff and so <b>should not be prescribed on an NHS prescription</b> as an ACBS. <a href="#">Various options available GSL.</a> <a href="#">Babies receiving any breastmilk do not require additional probiotics, breastmilk contains thousands of beneficial bioactive factors including probiotics and prebiotics which protect the gut.</a>		
<b>Ringworm</b>	Treatment of ringworm is appropriate for self-care <b>EXCEPT</b> in patients with Lymphoedema or history of lower limb cellulitis. Various options available GSL / P.		
<b>Sore Throat - Acute</b>	An acute sore throat is self-limiting and will clear up on its own without the need for treatment. <a href="#">Various options available GSL.</a>		
	Benzydamine (Diffiam® 0.15% Spray) <b>Generic available</b>	P: <b>Can't be sold if:</b> <ul style="list-style-type: none"> <li>No age restriction for the oral spray, child under 6 years dosing is according to weight, use on advice of doctor in children under 2 years, take caution in babies and children when feeding.</li> <li>Had a bad reaction to aspirin, ibuprofen or other NSAIDS</li> <li>Caution in patients with asthma</li> </ul> Talk to clinician if: <ul style="list-style-type: none"> <li>Previously or currently suffer with bronchial asthma</li> <li>Pregnancy</li> <li>Breastfeeding, very little absorbed, considered compatible</li> </ul>	P
	Benzydamine (Diffiam® 0.15% Sore Throat Rinse)	P: <b>Can't be sold if:</b> <ul style="list-style-type: none"> <li>Child under 12 years old</li> <li>Using for &gt;7 days</li> <li>Had a bad reaction to aspirin, ibuprofen or other NSAIDS</li> <li>Caution in patients with asthma</li> </ul> Talk to clinician if: <ul style="list-style-type: none"> <li>Previously or currently suffer with bronchial asthma</li> <li>Pregnancy</li> <li>Breastfeeding, very little absorbed, considered compatible</li> </ul>	P
	Benzydamine Throat lozenges (Diffiam® 3mg Lozenges)	P: <b>Can't be sold if:</b> <ul style="list-style-type: none"> <li>Child under 6 years old- choking risk, spray is preferable.</li> <li>Using for &gt;7 days,</li> <li>Had a bad reaction to aspirin, ibuprofen or other NSAIDS</li> <li>Caution in patients with asthma</li> <li>Pregnancy, breastfeeding</li> </ul> Talk to clinician if: <ul style="list-style-type: none"> <li>Previously or currently suffer with bronchial asthma</li> </ul>	P

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Condition	Drug/ brands	OTC restrictions (not exhaustive)	GSL/P
<b>Sun Burn due to excessive sun exposure</b>	Various options available GSL, appropriate for self-care.		
<b>Sun Protection</b>	Various options available GSL, appropriate for self-care. ACBS approved indication of photo-dermatoses (i.e., where skin protection should be prescribed)		
<b>Sweating – Excessive (Hyperhidrosis)</b>	Various options available P, appropriate for self-care.		
<b>Teething/ Mild Toothache</b>	Various options available GSL / P, appropriate for self-care.		
<b>Threadworms</b>	Mebendazole 100mg tablets (Ovex®) <b>Generic available</b>	P: <b>Can't be sold if:</b> <ul style="list-style-type: none"> <li>Child under 2 years old. (Age 1 to 2 years under medical supervision where no alternative available.)</li> <li>Pregnancy – do not use.</li> </ul> Speak to doctor or pharmacist if: <ul style="list-style-type: none"> <li>Taking metronidazole or cimetidine.</li> <li>Breastfeeding –ok for sale and use on the advice of GP or pharmacist</li> </ul>	P
<b>Thrush – Oral</b>	Miconazole 2% oral gel (Daktarin® oral gel)	P: <b>Can't be sold if:</b> <ul style="list-style-type: none"> <li>Child under 4 months old or whose swallowing reflex is not yet sufficiently developed- oral thrush is uncommon in babies- refer to HV or infant feeding support for feeding assessment if diagnosis unclear- otherwise, GP referral would be appropriate.</li> <li>Caution in infants who are pre-term or have slow neuromuscular development, do not use for first five to six months of life</li> <li>Liver problems</li> </ul> Not to be used if taking (see <a href="#">BNF- interactions</a> ): <ul style="list-style-type: none"> <li>Warfarin</li> <li>Simvastatin</li> <li>Midazolam</li> <li>Mizolastine</li> <li>Pimozide</li> <li>Quinidine</li> <li>Coadministration of drugs metabolised by CYP3A4 e.g. astemizole, cisapride, dofetilide, mizolastine, pimozide, quinidine, sertindole, terfenadine, ergot alkaloids, HMG-CoA reductase inhibitors, triazolam</li> <li>Breastfeeding – acceptable to sell, but not suitable for use on the nipple</li> </ul> Talk to the clinician if receiving treatment for: <ul style="list-style-type: none"> <li>Thinning the blood (Anticoagulants e.g. Warfarin)</li> <li>HIV</li> <li>Cancer</li> <li>Cardiovascular disease (i.e. calcium channel blockers, cilostazol, disopyramide, sildenafil)</li> <li>Autoimmune disorders</li> <li>Diabetes with sulphonylureas (i.e. glibenclamide)</li> <li>Central nervous system condition with phenytoin, carbamazepine, buspirone, alfentanil, alprazolam, reboxetine</li> <li>Infection with rifabutin</li> </ul>	P

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Condition	Drug/ brands	OTC restrictions (not exhaustive)	GSL/P
		<ul style="list-style-type: none"> <li>Erectile dysfunction with sildenafil</li> <li>Inflammatory disorder with methylprednisolone</li> <li>Pregnancy – speak to doctor or pharmacist before selling for use.</li> </ul>	
<b>Thrush – Vaginal</b>	Clotrimazole (Canesten® 2%) <b>Generic available</b>	<b>GSL/P: Can't be sold if:</b> <ul style="list-style-type: none"> <li>Irregular or abnormal vaginal bleeding</li> <li>Sores, ulcers or blisters on vagina or vulva</li> <li>Lower abdominal pain</li> <li>Nausea or vomiting</li> <li>Fever or chills</li> <li>Diarrhoea</li> <li>Difficulty passing urine</li> <li>Foul smelling vaginal discharge</li> <li>&gt;2 infections of thrush in the last 6 months</li> <li>Patient or partner have had a STD</li> <li>Aged under 16 or over 60</li> <li>Unsure if thrush or first time having these symptoms</li> </ul> Can be sold for use while pregnant if under the direction of doctor or midwife.	<b>GSL: Only available in combi</b> <b>P: Various Preps available</b>
<b>Travel Sickness</b>	Cinnarizine 15mg tablets (Stugeron®15) <b>Generic available</b>	<b>P: Can't be sold if:</b> <ul style="list-style-type: none"> <li>Child under 5 years old</li> <li>Fructose or galactose intolerance, Lapp lactase deficiency, glucose-galactose malabsorption or sucrase- isomaltase insufficiency</li> <li>Porphyria – avoid use</li> <li>Pregnancy</li> </ul> <b>P: Talk to pharmacist or clinician if suffering from/being treated with:</b> <ul style="list-style-type: none"> <li>Parkinson's Disease</li> <li>Kidney or liver problems</li> <li>Concurrent use of alcohol</li> <li>CNS depressants</li> <li>Tricyclic antidepressants</li> <li>Breastfeeding see – <a href="#">Cinnarizine NHS</a></li> </ul>	P
	Hyoscine Hydrobromide 150mcg tablets (Joy-rides®) Chewable 150mcg, Kwells Kids 150mcg Kwells 300mcg tablets)	<b>P: Can't be sold if:</b> <ul style="list-style-type: none"> <li>Child under 3 years old (Joyrides®)</li> <li>Child under 4 years old (Kwells Kids)</li> <li>Glaucoma</li> <li>Pregnancy unless on the guidance of their doctor due to no suitable alternative</li> <li>Paralytic ileus, pyloric stenosis, prostatic enlargement</li> <li>Myasthenia gravis</li> </ul> <b>Talk to pharmacist or clinician if suffering from:</b> <ul style="list-style-type: none"> <li>Epilepsy – use with caution, increased seizure frequency possible</li> <li>Breastfeeding- compatible see <a href="#">NHS hyoscine- pregnancy and breastfeeding</a></li> <li>Taking other anticholinergic medications</li> </ul>	P
<b>Vitamins &amp; Minerals</b>	<b>Should not be prescribed as dietary supplements or as a general “pick-me-up”,</b> and these preparations should not be routinely prescribed in primary care due to limited evidence of clinical effectiveness. Various options available GSL. See <a href="#">Vitamin D - NHS (www.nhs.uk)</a> - Most people should take Vitamin D as a self-care daily supplement including <u>those at risk</u> of vitamin D deficiency, in <u>pregnancy</u> , <u>breastfeeding</u> , <u>babies</u> and <u>children</u> (if supplemented with more than 500ml of infant formula, no additional vitamin D needed until		

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Condition	Drug/ brands	OTC restrictions (not exhaustive)	GSL/P
		formula is switched to cow's milk/ suitable alternative- see <a href="#">Infant Feeding - NHS Somerset ICB</a> for more information. If sexually active without use of contraception, people of childbearing potential should also take folic acid. Share information about booking in as early as possible via <a href="https://www.badgernotes.net/SelfReferral/CareLocation/somerset">https://www.badgernotes.net/SelfReferral/CareLocation/somerset</a> link and QR code also on <a href="#">Medicines in pregnancy, children and lactation - NHS Somerset ICB</a> for information pregnancy planning, booking in with maternity and supplement needs.	
<b><u>Warts &amp; Verrucae</u></b>		Various options available GSL, appropriate for self-care. Facial and genital warts should not be treated over the counter.	