

SELF-CARE QUICK GUIDE



March 2021

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

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

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.

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: Guidance for CCGs](#)

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

Somerset CCG prescribing and medicines management:

[Somerset CCG Prescribing and Medicines Management](#)

For additional resources:

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

Pregnancy, children and lactation most medicated formulations except for paracetamol carry warnings for use and need referral to a clinician.

For patients on Warfarin and other anticoagulants, most medication requests should be dealt with by a clinician.

Condition	Drug/ Common OTC brands		GSL/P Max Quantity
Aches & Pains – Minor	Various options available GSL , appropriate for self-care.		
	Aspirin 300mg (Anadin®) Generic available	GSL/P: Can't be sold if: <ul style="list-style-type: none"> Child under 16 years old Had a bad reaction to aspirin, ibuprofen or other NSAIDS Asthmatic Haemophilia or blood clotting disorder Stomach ulcer, perforation or bleeding (Past or Present) Gout (Past or Present) Talk to clinician if taking any other medicines or, if: <ul style="list-style-type: none"> Kidney, liver or heart problems Dehydrated High blood pressure Over active thyroid Connective tissue disease Anaemic or lack of glucose 6-phosphate dehydrogenase Elderly 	GSL:16 P:32
	Diclofenac gel (Voltarol®)	GSL: Can't be sold if: <ul style="list-style-type: none"> Child under 14 years old Using for >7 days without consulting a clinician Asthmatic Using on broken, damaged, diseased or infected skin Stomach ulcer or an ulcer in the intestine (past or present) Had a bad reaction to aspirin, ibuprofen or other NSAIDS Taking aspirin, or other NSAIDS P: Can't be sold if: <ul style="list-style-type: none"> Using for >14 days without consulting a clinician Same criteria as GSL 	GSL: 100g P: 180g
	Ibuprofen Gel (Ibuleve®) Generic available	GSL/P: Can't be sold if: <ul style="list-style-type: none"> Under 12 years old Asthmatic or Allergic rhinitis or urticarial (hives) Had a bad reaction to aspirin, ibuprofen or other NSAIDS On broken, damaged, diseased or infected skin. Stomach ulcer, perforation or bleeding (Past or Present) Taking aspirin, or other NSAIDS Kidney Problems Taking medicines to treat high blood pressure, or to thin the blood 	GSL: 5% 50g, 10% 40g. P: 5% 100g, 10% 50g.
	Ibuprofen oral- Except Suspension for children (Nurofen®) Generic available	GSL/P: Can't be sold if: <ul style="list-style-type: none"> Child under 12 years old Stomach ulcer, perforation or bleeding (Past or Present) Asthmatic or Allergic rhinitis or urticarial (hives) Had a bad reaction to aspirin, ibuprofen or other NSAIDS Severe heart, kidney or liver failure Connective tissue disease Not to be used if taking: <ul style="list-style-type: none"> Aspirin (daily dose above 75mg), or other NSAIDS Medicines to treat high blood pressure Medicines to thin the blood Water tablets (diuretics) Corticosteroids, lithium, methotrexate, zidovudine Quinolone antibiotics Medicines for depression (including SSRIs) 	GSL:16 P:96

		<ul style="list-style-type: none"> Ciclosporin or tacrolimus Mifepristone in the last 12 days 	
<p>Pregnancy, children and lactation most medicated formulations except for paracetamol carry warnings for use and need referral to a clinician.</p> <p>For patients on Warfarin and other anticoagulants, most medication requests should be dealt with by a clinician.</p>			
Condition	Drug/ Common OTC brands		GSL/P Max Quantity
Aches & Pains – Minor (Continued)	Ibuprofen Suspension for children 100mg/5ml (Nurofen® for children) Generic available	<p>GSL/P: Can't be sold if:</p> <ul style="list-style-type: none"> See above- Ibuprofen Oral (except age) Child under 3 months old or weights less than 5kg Fructose allergy <p>Talk to clinician if:</p> <ul style="list-style-type: none"> Using for >24 hours for babies aged 3-6 months Using for >3 days for children over 6 months Bowel Problems Dehydrated Has chicken pox 	<p>GSL:100ml (3 month - 9 years)</p> <p>P:200ml (3 months - 12 years)</p>
	Paracetamol Suspension for children 120mg/5ml (Calpol® Infant) Generic available	<p>GSL/P: Can't be sold if:</p> <ul style="list-style-type: none"> For a baby under 2 months old For a baby between 2-3 months old, under 4kg OR born before 37 weeks Kidney or liver problems Fructose intolerance Taking other medications <p>Talk to clinician if:</p> <ul style="list-style-type: none"> Using for >2 doses in babies between 2-3 months old - for treatment of pain or fever Using for >2 days in babies between 2-3 months old - for relief of fever after vaccinations Using for >3 days in children between 3 months – 6 years 	<p>GSL:100ml</p> <p>P:200ml</p>
	Paracetamol Suspension for children 250mg/5ml (Calpol® SIX Plus) Generic available	<p>GSL/P: Can't be sold if:</p> <ul style="list-style-type: none"> Child under 6 years old Kidney or liver problems Fructose intolerance Taking other medications <p>Talk to clinician if:</p> <ul style="list-style-type: none"> Using for >3 days 	<p>GSL:80ml</p> <p>P:200ml</p>
Acne - Mild	Various options available GSL, appropriate for self-care.		
Athletes foot	Various options available GSL, appropriate for self-care.		
	Clotrimazole (Canesten® Dual Action 1% Cream) Generic available	<p>P: Talk to the clinician if:</p> <ul style="list-style-type: none"> Symptoms do not improve within 7 days 	<p>GSL: N/A</p> <p>P: 50g</p>
	Clotrimazole with Hydrocortisone (Canesten HC®)	<p>P: Can't be sold if:</p> <ul style="list-style-type: none"> Using for >7 days Using on face, eyes or mucous membranes Skin is broken Child under 10 years old Any other skin problems such as cold sores, acne, herpes, chicken pox, or shingles On large areas of body, under dressings, or baby's nappies On the anal or genital area To treat ringworm 	<p>GSL: N/A</p> <p>P:15g</p>
	Miconazole (Daktarin Aktiv® Cream/ Spray)	<p>GSL: Can't be sold if:</p> <ul style="list-style-type: none"> Skin is broken Hair or Nail infection 	<p>GSL:30g Cream/ 100g Spray</p>

	Powder)	Talk to clinician if: <ul style="list-style-type: none"> Taking anticoagulants 	
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Condition	Drug/ Common OTC brands		GSL/P Max Quantity
Athletes foot (Continued)	Miconazole with Hydrocortisone (Daktacort HC® Cream)	P: Can't be sold if: <ul style="list-style-type: none"> Using for >7 days Using on face, eyes or mucous membranes Skin is broken Child under 10 years old Any other skin problems such as cold sores, acne, herpes, chicken pox, or shingles On large areas of body, under dressings, or baby's nappies On the anal or genital area To treat ringworm Taking anticoagulants (e.g. Warfarin) 	GSL: N/A P:15g
	Terbinafine 1% (Lamisil® AT/ Once)	GSL/P: Can't be sold if: <ul style="list-style-type: none"> Child under 16 years old (Lamisil Once can't be sold if under 18) Using for >14 days without consulting a clinician Using on face 	GSL/P: 15g
Burns & Scalds - Minor	<p>Various options available GSL, appropriate for self-care.</p> <p>NB. More serious burns always require professional medical attention.</p> <p>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.</p>		
Conjunctivitis	<p>Conjunctivitis is self-limiting and will clear up on its own without the need for treatment.</p>		
Conjunctivitis - Allergic	Sodium Cromoglicate 2% eye drops (Opticrom™ Allergy) Generic available	GSL: Can't be sold if: <ul style="list-style-type: none"> Child under 6 years old Using for >14 days without consulting a clinician <p>NB. Can be sold to this group of patients as a P medicine.</p>	GSL/P: 10ml drops
Conjunctivitis - Bacterial	Chloramphenicol (Optrex® infected eyes) Generic available	P: Can't be sold if: <ul style="list-style-type: none"> Child under 2 years old Using for >5 days without consulting a clinician Blood or bone marrow problems Using contact lenses <p>Talk to clinician if:</p> <ul style="list-style-type: none"> Using other eye drops Eye surgery in last 6 months Eye sight affected or sensitive to bright lights Pain in eye, eye looks unusual or swollen Glaucoma or dry eyes 	GSL:N/A P:4g ointment/ 5ml drops
Cold, Cough & Congestion	<p>Cold, Cough & Congestion are self-limiting and will clear up on its own without the need for treatment.</p> <p>Various options available GSL.</p>		
	Pseudoephedrine 60mg (Sudafed®) Generic available	P: Can't be sold if: <ul style="list-style-type: none"> Child under 12 years old High blood pressure Heart disease Diabetic Taking MAOIs <p>Talk to clinician if taking any other medicines or, if:</p> <ul style="list-style-type: none"> Kidney or liver problems Overactive thyroid 	GSL:N/A P:12

		<ul style="list-style-type: none"> • Glaucoma • Prostate problems 	
<p><u>Pregnancy, children and lactation</u> most medicated formulations except for paracetamol carry warnings for use and need referral to a clinician.</p> <p>For patients on Warfarin and other anticoagulants, most medication requests should be dealt with by a clinician.</p>			
Condition	Drug/ Common OTC brands		GSL/P Max Quantity
Cold sores of the lip - Infrequent	Cold sores are self-limiting and will clear up on their own without the need for treatment.		
	Aciclovir 5% cream (Zovirax®) Generic available	<p>GSL: Can't be sold if:</p> <ul style="list-style-type: none"> • Immunocompromised patient <p>Talk to clinician if:</p> <ul style="list-style-type: none"> • Cold sore still present after 10 days of treatment 	GSL: 2g
Constipation – For the short-term relief of occasional constipation Adults	Various options available GSL, appropriate for self-care.		
	Bisacodyl (Dulcolax® G/R Tablets)	<p>GSL: Can't be sold if:</p> <ul style="list-style-type: none"> • Child under 18 years old • Using at the same time as other laxatives • Intestinal obstruction • Appendicitis • Inflammatory bowel disease • Severe abdominal pain with nausea and vomiting • Severe dehydration • Fructose intolerance, glucose-galactose malabsorption or sucrose-isomaltase insufficiency <p>Talk to clinician if:</p> <ul style="list-style-type: none"> • Using for >5 days • Suffering from heart rhythm problems <p>Talk to clinician if taking:</p> <ul style="list-style-type: none"> • Corticosteroids • Water tablets (Diuretics) • Antacids 	GSL:20
	Bisacodyl (Dulcolax® 10mg Suppositories)	<p>P: Can't be sold if:</p> <ul style="list-style-type: none"> • Child under 12 years old • Using at the same time as other laxatives • Intestinal obstruction • Appendicitis • Inflammatory bowel disease • Severe abdominal pain with nausea and vomiting • Severe dehydration • Anal fissures or ulcerative colitis <p>Talk to clinician if:</p> <ul style="list-style-type: none"> • Using for >5 days • Suffering from heart rhythm problems <p>Talk to clinician if taking:</p> <ul style="list-style-type: none"> • Corticosteroids • Water tablets (Diuretics) • Antacids • Other laxative medicines 	GSL:N/A P:12
	Docusate Sodium (Dulcoease®)	<p>GSL: Can't be sold if:</p> <ul style="list-style-type: none"> • Child under 18 years old • Using at the same time as other laxatives • Fructose intolerance • Intestinal obstruction • Abdominal pain of unknown origin • Nausea and vomiting 	GSL:20

<p><u>Pregnancy, children and lactation</u> most medicated formulations except for paracetamol carry warnings for use and need referral to a clinician. For patients on Warfarin and other anticoagulants, most medication requests should be dealt with by a clinician.</p>			
Condition	Drug/ Common OTC brands		GSL/P Max Quantity
Constipation – Infrequent Adults (Continued)	Lactulose Solution	<p>P: Can't be sold if:</p> <ul style="list-style-type: none"> Suffering from galactosaemia Intestinal obstruction Inflammatory bowel disease Stomach perforation Abdominal pain of unknown origin <p>Talk to clinician if:</p> <ul style="list-style-type: none"> Using for >14 days Child under 14 years old Suffering from gastro-cardiac syndrome Lactose intolerant Diabetic <p>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>	<p>GSL:N/A P:500ml</p>
	Senna Tablets 7.5mg Adult (Senokot®) Generic available	<p>GSL: Can't be sold if:</p> <ul style="list-style-type: none"> Child under 18 years old Using for >7 days Using at the same time as other laxatives Intestinal obstruction Appendicitis Inflammatory bowel disease Abdominal pain of unknown origin Severe dehydration <p>Talk to clinician if:</p> <ul style="list-style-type: none"> No bowel movement after three days of taking The symptoms persist or worsen during use Laxatives are needed every day (Long-term use) Suffering from kidney problems Suffering from heart rhythm problems Suffering from faecal impaction, undiagnosed acute or persistent abdominal pain, nausea or vomiting <p>Talk to clinician if taking:</p> <ul style="list-style-type: none"> Corticosteroids Water tablets (Diuretics) Liquorice root 	<p>GSL: 20</p>
<p>See next page (6) for more options to treat constipation.</p>			
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Condition	Drug/ Common OTC brands		GSL/P Max Quantity
Constipation – For the short-term relief of occasional constipation Adults (Continued)	Senna Syrup 7.5mg/5ml (Senokot® Syrup)	<p>GSL/P: Can't be sold if:</p> <ul style="list-style-type: none"> GSL: Child under 18 years old P: Child under 12 years old Using for >7 days Using other laxative agents Intestinal obstruction Appendicitis Inflammatory bowel disease Abdominal pain of unknown origin Severe dehydration Fructose intolerance <p>Talk to clinician if:</p> <ul style="list-style-type: none"> No bowel movement after three days of taking The symptoms persist or worsen during use Laxatives are needed every day (Long-term use) Suffering from kidney problems Suffering from heart rhythm problems Suffering from faecal impaction, undiagnosed acute or persistent abdominal pain, nausea or vomiting <p>Talk to clinician if taking:</p> <ul style="list-style-type: none"> Corticosteroids Water tablets (Diuretics) Liquorice root 	GSL:100ml P:500ml
	Senna Max Strength Tablets (Senokot® Max Strength) Generic available	<p>GSL: Can't be sold if:</p> <ul style="list-style-type: none"> Child under 18 years old Using for >7 days Using at the same time as other laxatives Intestinal obstruction Appendicitis Inflammatory bowel disease Abdominal pain of unknown origin Severe dehydration <p>Talk to clinician if:</p> <ul style="list-style-type: none"> No bowel movement after three days of taking The symptoms persist or worsen during use Laxatives are needed every day (Long-term use) Suffering from kidney problems Suffering from heart rhythm problems Suffering from faecal impaction, undiagnosed acute or persistent abdominal pain, nausea or vomiting <p>Talk to clinician if taking:</p> <ul style="list-style-type: none"> Corticosteroids Water tablets (Diuretics) Liquorice root 	GSL: 10
Cradle Cap (Seborrhoeic dermatitis)	Cradle Cap is self-limiting and will clear up on its own without the need for treatment EXCEPT if it is causing distress to the infant and not improving. Various options available GSL .		
Cystitis – Mild	Mild Cystitis is self-limiting and will clear up on its own without the need for treatment. Various options available GSL .		
Dandruff	Various options available GSL , appropriate for self-care.		

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Condition	Drug/ Common OTC brands		GSL/P Max Quantity
<u>Dental caries – Prevention</u>	Various options available GSL , appropriate for self-care. OR via prescription from a dentist.		
<u>Dermatitis – Contact Mild</u>	Various options available GSL , appropriate for self-care.		
	Hydrocortisone (Hc45®) Generic available	GSL/P: Can't be sold if: <ul style="list-style-type: none"> • Child under 10 years of age • On broken or infected skin • Using on the face, near eyes, near anus or genital areas • Using for >7 days 	GSL: 10g-Only available as Bite cream P:15g
<u>Diarrhoea – Non-Serious</u>	Various options available GSL , appropriate for self-care.		
	Loperamide (Imodium®) Generic available	GSL/P: Adults and children of 12 years and over with short term diarrhoea. Don't take for >24 hours. Can't be sold if: <ul style="list-style-type: none"> • Child under 12 years old • Child under 18 years old (To treat diagnosed IBS- Not for >14 days) • Severe diarrhoea after antibiotics • Flare up of inflammatory bowel condition • Constipated or swollen stomach • Acute Dysentery Talk to clinician if taking any other medicines or, if: <ul style="list-style-type: none"> • Liver disease • Diarrhoea for >48 hours • Recently travelled abroad 	GSL:6 P:18
<u>Diarrhoea &/or vomiting – Non-Serious</u>	Rehydration sachets (Dioralyte®) Generic available	GSL/P: Adults, children and infants up to the age of 2 years for the treatment of fluid and electrolyte loss associated with acute diarrhoea. Don't take for >24-48 hours Can't be sold if: (without clinician input and at the discretion of the pharmacist) <ul style="list-style-type: none"> • Chronic or persistent diarrhoea. • Liver or kidney disease • Diabetes • On low potassium or sodium diets • With an intestinal obstruction Talk to clinician if taking any other medicines or, if: <ul style="list-style-type: none"> • Under 2 years of age • During pregnancy and lactation. This includes if planning to get pregnant or think you might be pregnant. • Allergic (hypersensitive) to glucose, sodium chloride, potassium chloride and disodium hydrogen citrate or any of the other ingredients 	GSL:6 P:20
<u>Dry eyes/ Sore tired eyes – Mild</u>	Various options available GSL , appropriate for self-care.		
<u>Dry Skin – Mild</u>	Various options available GSL , appropriate for self-care.		
<u>Dry and pruritic skin conditions (Bath and shower emollients)</u>	Based on current evidence bath and shower emollients may offer little or no benefit. Bath and shower emollients are non-formulary. Prescribers in primary care should not initiate bath and shower preparations for any new patient. Where appropriate de prescribe bath and shower preparations and substitute with "leave-on" emollients. <u>Items which should not routinely be prescribed in primary care: Guidance for CCGs (Jun 19).</u> 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. NB. Dermol 200® Shower Emollient, Dermol 600® and Psoriderm® Bath Emollient can only be bought from a pharmacy.		
	Distilled Coal Tar 40% (Psoriderm®)	P: Can't be sold if: <ul style="list-style-type: none"> For acute, sore or pustular psoriasis or in the presence of infection. 	P:200ml
Earwax	Various options available GSL , appropriate for self-care. NB. All ear drops contra-indicated in perforated ear drum.		
Fungal skin/ Fungal nail	Amorolfine (Loceryl Curanail®) Generic available	P: Can't be sold if: <ul style="list-style-type: none"> >2 nails are affected Unless the infection is on the upper half or sides of the nail Under 18 years old Diabetic Weak immune system Poor circulation in hands and feet Nail severely damaged or infected 	GSL:N/A P:3ml
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Condition	Drug/ Common OTC brands		GSL/P Max Quantity
Fungal skin/ Fungal nail (Continued)	Clotrimazole (Canesten® 1% Cream) Generic available	P: Talk to clinician if: <ul style="list-style-type: none"> Symptoms do not improve within 7 days 	GSL: N/A P: 50g
	Miconazole with Hydrocortisone (Daktacort HC® Cream)	(See athletes foot)	GSL:N/A P:15g
Haemorrhoids	Haemorrhoids in many cases are self-limiting and will clear up on their own without the need for treatment. Talk to clinician if: <ul style="list-style-type: none"> Persistent or severe symptoms Rectal bleeding Various options available GSL.		
Hayfever/ Seasonal Rhinitis	Various options available GSL , appropriate for self-care.		
	Acrivastine (Benadryl® allergy)	GSL/P: Can't be sold if: <ul style="list-style-type: none"> Child under 12 years old Adult over 65 years old Severe kidney problems 	GSL: 24 P: 48
	Acrivastine with Pseudoephedrine hydrochloride (Benadryl® allergy relief plus caps)	P: Can't be sold if: <ul style="list-style-type: none"> Child under 12 years old Adult over 65 years old High blood pressure Heart disease Diabetic Taking MAOIs Talk to clinician if taking any other medicines or, if: <ul style="list-style-type: none"> Kidney or liver problems Overactive thyroid Glaucoma Prostate problems 	GSL:N/A P:12
	Beclomethasone nasal spray (Beconase®) Generic available	GSL: Can't be sold if: <ul style="list-style-type: none"> Under 18 years old Using for >1 month without consulting a clinician Nasal infection/ulcers or recently had surgery on nose 	GSL:100 sprays P:180 sprays

		<p>P: Can't be sold if:</p> <ul style="list-style-type: none"> Using for >3 months without consulting a clinician Same criteria as GSL 	
	Budesonide nasal spray (Benacort®)	<p>P: Can't be sold if:</p> <ul style="list-style-type: none"> Under 18 years old Using for >3 months without consulting a clinician <p>Talk to clinician if:</p> <ul style="list-style-type: none"> Symptoms persist after 2 weeks of treatment Taking steroids Infections of the airways, nasal passages or sinuses Have/ have been exposed to someone with tuberculosis, chicken pox or measles Severe/ frequent nose bleeds, recent nose ulcers/ injury/ surgery Diagnosed with glaucoma, cataracts or eye infection Diabetic 	<p>GSL:N/A P:120 sprays</p>

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Hayfever/ Seasonal Rhinitis (Continued)	Cetirizine oral – Except Suspension (Benadryl® Allergy One A Day/ Zirtek®) Generic available	<p>GSL/P: Can't be sold if:</p> <ul style="list-style-type: none"> Child under 6 years old Kidney problems <p>Talk to clinician if:</p> <ul style="list-style-type: none"> Epileptic 	<p>GSL: 30 P: >30</p>
	Cetirizine Suspension 1mg/1ml (Benadryl® Allergy Children's) Generic available	<p>GSL: Can't be sold if:</p> <ul style="list-style-type: none"> Child under 6 years old Kidney problems <p>Talk to clinician if:</p> <ul style="list-style-type: none"> Epileptic <p>P: Can't be sold if:</p> <ul style="list-style-type: none"> Child under 2 years old Same criteria as GSL 	<p>GSL: 70ml P: 200ml</p>
	Chlorphenamine oral – Except Syrup (Piriton®) Generic available	<p>P: Can't be sold if:</p> <ul style="list-style-type: none"> Child under 6 years old Concurrent use of alcohol Glucose-galactose malabsorption/ intolerance <p>Talk to clinician if:</p> <ul style="list-style-type: none"> Taking other antihistamines, phenytoin, MAOIs (current or within last 14 days), hypnotics, anxiolytics Epileptic Has glaucoma Enlarged prostate Severe hypertension or heart disease Bronchitis, bronchiectasis or asthma Liver or kidney problems 	<p>GSL: N/A P: 60</p>
	Chlorphenamine 2mg/5ml Syrup (Piriton®) Generic available	<p>P: Can't be sold if:</p> <ul style="list-style-type: none"> Child under 1 year old Suffering from alcoholism Fructose intolerance, glucose-galactose malabsorption or sucrose-isomaltase <p>Talk to clinician if:</p> <ul style="list-style-type: none"> Taking other antihistamines, phenytoin, MAOIs (current or within last 14 days), hypnotics, anxiolytics Epileptic 	<p>GSL: N/A P: 150ml</p>

		<ul style="list-style-type: none"> • Has glaucoma • Enlarged prostate • Severe hypertension or heart disease • Bronchitis, bronchiectasis or asthma • Liver or kidney problems • Diabetic 	
	Fluticasone nasal spray (Pirinase®) Generic available	<p>GSL: Can't be sold if:</p> <ul style="list-style-type: none"> • Under 18 years old • Using for >1 month without consulting a clinician • Nasal infection/ulcers or recently had surgery on nose <p>P: Can't be sold if:</p> <ul style="list-style-type: none"> • Using for >3 months without consulting a clinician • Same criteria as GSL 	GSL/P: 60 sprays

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Condition	Drug/ Common OTC brands		GSL/P Max Quantity
<u>Hayfever/ Seasonal Rhinitis</u> (Continued)	Loratadine oral – Except Suspension (Clarityn® Allergy) Generic available	<p>GSL: Can't be sold if:</p> <ul style="list-style-type: none"> • Child under 6 years old or body weight less than 30kg <p>Talk to clinician if:</p> <ul style="list-style-type: none"> • Liver problems <p>P: Can't be sold if:</p> <ul style="list-style-type: none"> • Child under 2 years old or a body weight less than 30kg • Same criteria as GSL 	GSL: 30 P: >30
	Loratadine Suspension 1mg/ml (Clarityn® Allergy) Generic available	<p>GSL/P: Can't be sold if:</p> <ul style="list-style-type: none"> • Child under 2 years old <p>Talk to clinician if:</p> <ul style="list-style-type: none"> • Liver problems 	GSL: 120ml P: 120ml
	Triamcinolone nasal spray (Nasacort® Allergy)	<p>P: Can't be sold if:</p> <ul style="list-style-type: none"> • Under 18 years old • Using for >3 months without consulting a clinician <p>Talk to clinician if:</p> <ul style="list-style-type: none"> • Symptoms worsen or persist after 14 days treatment • Taking steroids • Severe/ frequent nose bleeds, recent nose ulcers/ injury/ surgery 	GSL:N/A P:30 sprays
<u>Head Lice</u>	Various options available GSL , appropriate for self-care. Medicated treatments can be used from 6 months of age.		
<u>IBS</u>	Hyoscine butylbromide 10mg (Buscopan®)	<p>GSL: Buscopan IBS Relief® - Do not take:</p> <ul style="list-style-type: none"> • Unless have medically confirmed IBS • See 'Buscopan cramps®' (below) <p>P: Buscopan Cramps®- Do not take if:</p> <ul style="list-style-type: none"> • Child under 12 years old • Heart, liver or kidney problems • Blood in stools • 40 years old or over and IBS symptoms have changed • Nausea or vomiting • Severe constipation • Fever • Recently travelled abroad 	GSL:40 P:20

		<ul style="list-style-type: none"> Tired and look pale Difficulty passing urine 	
	<p>Mebeverine (Colofac®) Generic available</p>	<p>P: Can't be sold if:</p> <ul style="list-style-type: none"> Under 18 years old Not diagnosed with IBS Kidney or liver problems Blood in stools 40 years old or over and IBS symptoms have changed Nausea or vomiting Severe constipation Fever Recently travelled abroad Tired and look pale Difficulty passing urine 	<p>GSL:N/A P:15</p>

Pregnancy, children and lactation most medicated formulations except for paracetamol carry warnings for use and need referral to a clinician.

For patients on Warfarin and other anticoagulants, most medication requests should be dealt with by a clinician.

Condition	Drug/ Common OTC brands		GSL/P Max Quantity
IBS (Continued)	<p>Peppermint Capsules (Colpermin® IBS relief) Generic available</p>	<p>GSL: Can't be sold if:</p> <ul style="list-style-type: none"> Child under 15 years old Allergic to peanuts or soya <p>Talk to clinician if:</p> <ul style="list-style-type: none"> First presentation of these symptoms, to confirm IBS 40 years old or over, some time since the last attack, or symptoms have changed Blood in stools Nausea or vomiting Loss of appetite or weight Severe constipation Fever Recently travelled abroad Tired and look pale Difficulty passing urine Abnormal vaginal bleeding or discharge New symptoms, worsening of the condition or failure to improve over two weeks 	<p>GSL: 100</p>
Indigestion & Heartburn - Remedies for occasional use	<p>Various options available GSL, appropriate for self-care.</p>		
	<p>Bismuth Subsalicylate (Pepto-Bismol®)</p>	<p>P: Can't be sold if:</p> <ul style="list-style-type: none"> Under 16 years old Allergic to Aspirin or salicylates Symptoms are severe or persist for >2 days <p>Not to be used if taking:</p> <ul style="list-style-type: none"> Aspirin <p>Talk to clinician if suffering from/ receiving treatment for:</p> <ul style="list-style-type: none"> Thinning the blood (Anticoagulants e.g. Warfarin) Diabetes Gout Tetracycline antibiotics 	<p>GSL:N/A P: 24 or 480ml</p>
	<p>Esomeprazole 20mg (Nexium Control®)</p>	<p>GSL: Can't be sold if:</p> <ul style="list-style-type: none"> Under 18 years old Using for >14 days Allergic to PPIs Taking Nelfinavir <p>Talk to clinician if taking any other medicines or, if:</p> <ul style="list-style-type: none"> Stomach ulcer or surgery in past Severe kidney or liver problems 	<p>GSL:14</p>

		<ul style="list-style-type: none"> Unexplained weight loss Over 55 with new or changed reflux symptoms Been taking reflux/heartburn treatment for >4 weeks 	
	Omeprazole 10mg/20mg -Generic	<p>P: Can't be sold if:</p> <ul style="list-style-type: none"> Under 18 years old Using for >14 days Allergic to PPIs Taking Nelfinavir <p>Talk to clinician if taking any other medicines or, if:</p> <ul style="list-style-type: none"> Stomach ulcer or surgery in past Severe kidney or liver problems Unexplained weight loss Over 55 with new or changed reflux symptoms Been taking reflux/heartburn treatment for >4 weeks 	GSL:N/A P:28

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Condition	Drug/ Common OTC brands		GSL/P Max Quantity
Indigestion & Heartburn - Remedies for occasional use (Continued)	Pantoprazole 20mg (Pantoloc®)	<p>P: Can't be sold if:</p> <ul style="list-style-type: none"> Under 18 years old Using for >4 weeks without consulting a clinician Taking Atazanavir <p>Talk to clinician if taking any other medicines or, if:</p> <ul style="list-style-type: none"> Stomach ulcer or surgery in past Severe kidney or liver problems Unexplained weight loss Over 55 with new or changed reflux symptoms Been taking reflux/heartburn treatment for >4 weeks 	GSL:N/A P:14
	Ranitidine 75mg (Zantac®) Generic available	<p>GSL/P: Can't be sold if:</p> <ul style="list-style-type: none"> Child under 16 years old Using for >6 days <p>Talk to clinician if taking any other medicines or, if:</p> <ul style="list-style-type: none"> Kidney or liver problems Over 55 with new or changed reflux symptoms Diabetes or unexplained weight loss Elderly Weak immune system or breathing problems 	GSL:12 P:24
Infant Colic	Infant Colic is self-limiting and will clear up on its own without the need for treatment. Various options available GSL.		
Insect Bites and Stings	Various options available GSL, appropriate for self-care. Options for treatment include Antihistamine creams or tablets, Pain killers and Hydrocortisone cream (see Dermatitis).		
Migraine - Infrequent	Various options available GSL, appropriate for self-care.		
	Buclizine hydrochloride/ codeine phosphate/ paracetamol (Migravele® Pink)	<p>P: Can't be sold if:</p> <ul style="list-style-type: none"> Child under 12 years old Migraine hasn't been diagnosed Taking for >3 days Concurrent use of alcohol Paediatric patients undergone tonsillectomy or adenoidectomy for Obstructive Sleep Apnoea Syndrome Head injury, intracranial pressure is increased 	GSL:N/A P:24

		<ul style="list-style-type: none"> Acute respiratory depression Obstructive bowel disorders At risk of paralytic ileus <p>Talk to clinician if taking any other medicines or, if:</p> <ul style="list-style-type: none"> Kidney and liver problems Prostatic hypertrophy and urinary retention Susceptible to angle-closure glaucoma Patient has CYP2D6 ultra-rapid metabolisers Convulsive disorders Decreased respiratory reserve, bronchial asthma, pulmonary oedema or obstructive airway disease 	
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Condition	Drug/ Common OTC brands		GSL/P Max Quantity
Migraine – Infrequent (Continued)	Sumatriptan (Imigran®) Generic available	<p>P: Can't be sold if:</p> <ul style="list-style-type: none"> Under 18 years old Over 65 years old Using prophylactically Cardiac arrhythmias, heart disease or suffered heart attack Had stroke or TIA / mini-stroke Hypertension Kidney or liver problems History of seizures To treat Hemiplegic/ Basilar/ Ophthalmoplegic migraine <p>Not to be used if taking:</p> <ul style="list-style-type: none"> Ergotamine or derivatives of ergotamine MAOIs current or within the last 2 weeks Any 5-HT1 receptor agonist (triptan) 	GSL:N/A P:2
Mouth Ulcers	Various options available GSL , appropriate for self-care.		
Nappy Rash	Various options available GSL , appropriate for self-care.		
Probiotics	Should not be routinely prescribed in primary care due to limited evidence of clinical effectiveness. No longer approved under the Advisory Committee on Borderline Substances scheme (ACBS) Various options available GSL .		
Ringworm	Treatment of ringworm is appropriate for self-care EXCEPT in patients with Lymphoedema or history of lower limb cellulitis. Various options available P .		
Sore Throat - Acute	An acute sore throat is self-limiting and will clear up on its own without the need for treatment. Various options available GSL .		
	Benzydamine (Difflam® Spray)	<p>P: Can't be sold if:</p> <ul style="list-style-type: none"> Child weighing under 4kg Had a bad reaction to aspirin, ibuprofen or other NSAIDS <p>Talk to clinician if:</p> <ul style="list-style-type: none"> Previously or currently suffer with bronchial asthma 	GSL: N/A P:30ml
	Benzydamine	P: Can't be sold if:	GSL: N/A

	(Difflam® Sore throat Rinse)	<ul style="list-style-type: none"> Child under 12 years old Using for >7 days Had a bad reaction to aspirin, ibuprofen or other NSAIDS Talk to clinician if: <ul style="list-style-type: none"> Previously or currently suffer with bronchial asthma 	P:200ml
	Benzydamine (Difflam® Lozenges)	P: Can't be sold if: <ul style="list-style-type: none"> Child under 6 years old Using for >7 days Had a bad reaction to aspirin, ibuprofen or other NSAIDS Talk to clinician if: <ul style="list-style-type: none"> Previously or currently suffer with bronchial asthma 	GSL: N/A P:20
Sun Burn	Various options available GSL, appropriate for self-care.		
Sun Protection	Various options available GSL, appropriate for self-care.		
Sweating – Excessive (Hyperhidrosis)	Various options available GSL, appropriate for self-care.		
<p><u>Pregnancy, children and lactation</u> most medicated formulations except for paracetamol carry warnings for use and need referral to a clinician.</p> <p>For patients on <u>Warfarin</u> and other anticoagulants, most medication requests should be dealt with by a clinician.</p>			
Condition	Drug/ Common OTC brands		GSL/P Max Quantity
<u>Teething/ Mild Toothache</u>	Various options available GSL, appropriate for self-care.		
<u>Threadworm</u>	Mebendazole (Ovex®) Generic available	P: Can't be sold if: <ul style="list-style-type: none"> Child under 2 years old 	GSL: N/A P:4 or 30ml
<u>Thrush – Oral</u>	Miconazole (Daktarin® oral gel)	P: Can't be sold if: <ul style="list-style-type: none"> Child under 4 months old Liver problems Not to be used if taking: <ul style="list-style-type: none"> Warfarin Simvastatin Midazolam Mizolastine Pimozide Quinidine Talk to the clinician if receiving treatment for: <ul style="list-style-type: none"> Thinning the blood (Anticoagulants e.g. Warfarin) HIV Cancer Cardiovascular disease (i.e. calcium channel blockers, cilostazol, disopyramide, sildenafil) Autoimmune disorders Diabetes with sulphonylureas (i.e. glibenclamide) Central nervous system condition with phenytoin, carbamazepine, buspirone, alfentanil, alprazolam, reboxetine Infection with rifabutin Erectile dysfunction with sildenafil Inflammatory disorder with methylprednisolone 	GSL: N/A P:15g 2% oral gel

Thrush - Vaginal	Clotrimazole (Canesten® 2%) Generic available	<p>GSL/P: Can't be sold if:</p> <ul style="list-style-type: none"> Pregnant Irregular or abnormal vaginal bleeding Sores, ulcers or blisters on vagina or vulva Lower abdominal pain Nausea or vomiting Fever or chills Diarrhoea Difficulty passing urine Foul smelling vaginal discharge <p>Talk to clinician if taking any other medicines or, if:</p> <ul style="list-style-type: none"> Unsure if thrush or first time having these symptoms >2 infections of thrush in the last 6 months Patient or partner have had a STD Aged under 16 or over 60 	<p>GSL: Only available in combi</p> <p>P: Various Preps available</p>
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Condition	Drug/ Common OTC brands		GSL/P Max Quantity
Thrush – Vaginal (Continued)	Fluconazole 150mg Capsule (Canesten®) Generic available	<p>P: Can't be sold if:</p> <ul style="list-style-type: none"> Pregnant Irregular or abnormal vaginal bleeding Sores, ulcers or blisters on vagina or vulva Lower abdominal pain Nausea or vomiting Fever or chills Diarrhoea Difficulty passing urine Foul smelling vaginal discharge Taking drugs to thin blood (Anticoagulants e.g. Warfarin) <p>Talk to clinician if taking any other medicines or, if:</p> <ul style="list-style-type: none"> Unsure if thrush or first time having these symptoms >2 infections of thrush in the last 6 months Patient or partner have had a STD Aged under 16 or over 60 	<p>GSL: N/A</p> <p>P: 1 capsule or in combo with external cream</p>
Travel Sickness	Cinnarizine (Stugeron™ 15)	<p>P: Can't be sold if:</p> <ul style="list-style-type: none"> Child under 5 years old <p>P: Talk to clinician if suffering from/being treated with:</p> <ul style="list-style-type: none"> Parkinson's Disease Kidney or liver problems Concurrent use of alcohol CNS depressants Tricyclic antidepressants 	<p>GSL: N/A</p> <p>P: 15</p>
	Hyoscine Hydrobromide (Joy-rides®)	<p>P: Can't be sold if:</p> <ul style="list-style-type: none"> Child under 4 years old Glaucoma <p>Talk to clinician if suffering from:</p> <ul style="list-style-type: none"> Epilepsy 	<p>GSL: N/A</p> <p>P: 12</p>
Vitamins & Minerals	Should not be routinely prescribed in primary care due to limited evidence of clinical effectiveness. Various options available GSL .		

Warts & Verrucae	Various options available GSL, appropriate for self-care.
<p><u>Pregnancy, children and lactation</u> most medicated formulations except for paracetamol carry warnings for use and need referral to a clinician.</p> <p>For patients on <u>Warfarin</u> and other anticoagulants, most medication requests should be dealt with by a clinician.</p>	