



## Referral to your Local Pharmacy for Common Conditions which Over the Counter (OTC) Items can be purchased

You do not need to make an appointment to speak to the pharmacist, just pop in anytime and they will be happy to help you. Ask the pharmacist for help and advice on the most appropriate medication to relieve the symptoms you / the person you care for are experiencing.

Acute Sore Throat	Cold Sores
Conjunctivitis	Cough, Colds, Nasal Congestion
Cradle cap	Haemorrhoids
Infant Colic	Mild Cystitis
Contact Dermatitis	Dandruff
Diarrhoea (Adults)	Dry/ Sore(Tired) Eyes
Ear Wax	Excessive sweating
Head Lice	Indigestion and Heartburn
Infrequent Constipation	Infrequent Migraines
Insect bites and stings	Mild Acne
Mild Dry Skin	Hay fever / Seasonal Rhinitis
Minor burns and scalds	Minor Pain, discomfort and/ fever (aches, sprains etc.)
Mouth Ulcers / Oral Thrush	Nappy Rash
Prevention of dental caries	Ringworm / Athletes Foot
Sunburn / Sun Protection	Teething / Mild Toothache
Threadworms	Travel Sickness
Warts and Verrucae	Vitamins and Probiotics

**If at any time you are concerned about the symptoms or if they are not improving after a few days of treatment with the over the counter medications, you should contact the local pharmacist or the surgery for further advice.**

Acknowledgements to PrescQIPP for this patient resource

