

Minor conditions associated with pain, discomfort and / fever
 Paracetamol
 Ibuprofen
 Co-codamol 8/500mg only
 Nurofen
 Panadol
 Anadin
 Aspirin
 Deep Heat
 Ibuleve
 Ibuprofen gel
 Fenbid
 Voltarol gel
 Diclofenac gel

Mild to moderate hay fever / seasonal rhinitis
 Cetirizine
 Loratidine
 Chlorphenamine
 Opticrom
 Piriton
 Piriteze
 Bendryl
 Acrivastine
 Beclomethasone nasal spray
 Zirtek
 Clarityn
 Beconase
 Nasocourt
 Triamcinolone
 Flixonase
 Pirinase
 Fluticasone propanoate

Haemorrhoids
 Zinc oxide ointments
 Sudocrem
 Anusol
 Germolids
 Preparation H

Excessive sweating (hyperhidrosis)
 Driclor
 Anhydrol Forte
 Zeasorb
 Antiperspirants
 Aluminum chloride products

Cough, colds, nasal congestion, allergic rhinitis and sinusitis
 Simple linctus
 Sodium chloride nasal drops/douche
 Otrivine
 Sudafed
 Xylometazoline
 Snufflebabe
 Sterimar
 Vicks
 Sinex
 Beechams
 Benylin
 NeilMed
 Lemsip
 Pseudoephadrine
 Phenylephrine

Infant formula (except for pre-term, Cows Milk Protein Allergy and where a dietitian has recommended)
 SMA LF
 Aptamil Lactose Free
 SMA Staydown
 Cow & Gate Anti-Reflux
 SMA Wysoy

Ear wax
 Olive / almond oil
 Urea hydrogen peroxide drops
 Sodium bicarbonate drops
 Otex
 Earex
 Exterol

Colic
 Simethicone drops
 Infacol
 Coleif
 Gripe water

Diarrhoea (adults only)
 Loperamide
 Imodium
 Diralyde
 Oral rehydration sachets

Head lice
 Lyclear
 Hedrin
 Permethrin
 Derbac-M
 Full Marks
 Dimeticone

Sun protection
 Anthelios
 Sunsense
 Uvistat
 All suncream

Teething / mild toothache
 Clove oil
 Teething gels
 Dentinox
 Orajel
 Bonjela

Threadworms
 Mebendazole
 Ovex

Cold Sores
 Blistex
 Zovirax cream
 Aciclovir cream
 Virasorb cream

Mild Cystitis
 Potassium citrate
 Sodium citrate
 Cymaclear
 Cystopurin
 Canestan
 Cymalon

Dry eyes / sore tired eyes
 Gel Tears
 Carbomer
 Hypromellose 0.3% 0.5%
 Optrex
 Lumicare
 Liquid Tears
 Blephagel
 Atelac
 Clinitas
 Viscotears
 Xailin eye gel
 Hydromoor
 Occulube
 Tearlac
 Isopto plain

Infrequent constipation
 Docusate
 Bisacodyl
 Senna
 Lactulose
 Fybogel
 Macogol
 Laxido
 Movicol
 Xailin eye gel
 Cosmocol
 Ex-Lax
 Ducolax
 Dulcoease
 Glycerol suppositories
 Glycerine suppositories

Oral thrush
 Miconazole gel
 Daktarin

Warts and verrucae
 Salicylic acid
 Bazuka
 Cuplex
 Salactol
 Wartex

Weight loss treatments
 Orlistat
 Alli
 XLS-medical

Conjunctivitis
 Chloramphenicol drops
 Chloramphenicol ointment
 Golden eye drops
 Brolene drops
 Sodium cromoglicate drops
 Opticrom
 Optrex drops

Molluscum contagiosum
 Molludab
 Potassium hydroxide solution

Cradle cap/ dandruff
 Capasal
 Dentinox
 Neutrogena T-Gel
 Nizoral
 Ketoconazole
 Coal Tar
 Alphosyl

Mild Acne
 Benzoyl peroxide cream/gel
 Salicylic acid
 Freederm
 PanOxyl

Supplements and Vitamins
 Vitamin C
 Ascorbic Acid
 Sanatogen
 Mutivitamin
 Vitamin D 1000 units or less
 Colecalciferol 1000u or less
 Fultium 1000 units or less
 Stexerol 1000 units or less
 Cod Liver oil
 I Caps
 Zinc
 Seven Seas
 Berocca
 Preservision

Probiotics
 All probiotics

Mild irritant dermatitis
 E45 Itch
 Eurax
 ExoCream
 Hydrocortisone 0.1 % and 1% cream/ointment
 Dermacourt
 HC45

Insect bites and stings
 Calamine Lotion
 Anthisan

Mouth ulcers
 Bonjela
 Corsadyl
 Orabase
 Chlorhexadine 0.2% mouthwash
 Hydrogen peroxide mouthwash
 Choline salicylate

Infrequent migraine
 Buccastem M
 Imigran Recovery
 Migralve
 Prochlorperazine 3mg

Prevention of dental caries
 Duraphat
 Biotene
 BioExtra
 Corsodyl
 Fluorigard
 Ultradex
 Colgate

Mild dry skin
 E45
 Aveeno
 Oilatum
 Elenas
 Diprobace
 Zerobase
 Zeroveen
 Doublebase
 Zerodouble

Indigestion and Heartburn
 Gaviscon liquids and tablets
 Peptac
 Rennie
 Peppermint oil capsules
 Sodium alginate preparations
 Potassium bicarbonate
 Antacid tablets

Minor burns and scalds
 Germolene
 Savlon

Nappy rash
 Bepanthen
 Conotrane
 Drapolene
 Metanium
 Sudocrem
 Zinc and castor cream / ointment

Ringworm / athletes foot
 Canesten
 Daktarin
 Lamisil
 Clotrimazole cream
 Miconazole
 Terbinafine topical treatments
 Mycota

Travel sickness
 Cinnarizine
 Hyoscine hydrobromide
 Joy-rides
 Kwells
 Stugeron
 Travelease

Sunburn due to excessive sun exposure
 Aloe Vera
 Soleve

NB. this list is not exhaustive