

PRESCRIPTION FOR SELF CARE

You have a common condition that can be treated with a medicine that is available to buy over the counter from your local pharmacy.

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 treatment to relieve your symptoms for:

	Acne (mild)		Ear wax
	Aches and pains incl toothache		Eyes (dry/tired/sore)
	Athlete's foot/fungal skin infns		Hayfever and allergies
	Cold sores		Headache/migraine (occasional)
	Colic		Head lice
	Conjunctivitis		Heartburn and indigestion
	Constipation (occasional)		Nappy rash
	Coughs and colds		Piles
	Cystitis (mild)		Threadworm
	Dental caries (prevention of)		Throat (sore)
	Dermatitis/eczema (contact)		Vitamins
	Diarrhoea (adults)		Warts and verrucae
	Dry skin		Other:
GP comments:		GP stamp	
Pharmacy comments:		Pharmacy stamp	

If at any time you are concerned about your condition or if your symptoms are not improving after a few days of treatment with the over the counter medicine, you should contact your local pharmacist for more advice.

Visit www.nhs.uk for more information on how you can care for yourself and stay well.

