



## Common Licensing Limitations for Over The Counter (OTC) Medicines

Condition	Medicine	OTC License Information	Approx OTC cost*
Bacterial conjunctivitis	Chloramphenicol eye drops/ oint	2 years and over only	£
Diarrhoea	Rehydration sachets (Please note this recommendation does not apply to children)	Restrictions: liver or renal disease, diabetes, and those on low potassium/sodium diets	£
	Loperamide capsules (Please note this recommendation does not apply to children)	Restrictions: inflammatory bowel disease, post bowel surgery, post pelvic radiation and colorectal cancer	
Dry eyes	Lubricating eye drops	18 years and over only	£
Infrequent constipation	Lactulose solution	Restrictions: galactosaemia, gastro-intestinal obstruction, digestive perforation or risk of digestive perforation	£
	Bisacodyl tablets	10 years and over only. Restrictions: acute inflammatory bowel diseases, severe dehydration	
	Senna tablets	18 years and over only. Restrictions: severe dehydration	
	Ispaghula husk sachets	6 years and over only. Restrictions: diabetes	
Mild Irritant Dermatitis/ Eczema	Hydrocortisone 1% cream	10 years and over only. Restrictions: use on the face	£
Mild/ moderate hay fever	Loratadine tablets/ solution (Allergic rhinitis)	Tablets: 6 years (30kg) and over only, solution: 2 years and over only	£
	Cetirizine tablets/ solution (Relief of nasal and ocular symptoms of seasonal and perennial allergic rhinitis)	Tablets: 6 years and over only, solution: 2 years and over only	£
	Chlorphenamine tablets/ solution (Hay fever)	Tablets: 6 years and over only, solution: 12 months and over only	£
	Acrivastine capsules (Allergic rhinitis, including hay fever)	12 years to 65 years only	££
	Beclometasone nasal spray (Treatment and prevention of allergic rhinitis, including hay fever)	18 years and over only	£
	Fluticasone nasal spray (Treatment and prevention of allergic rhinitis, including hay fever)	18 years and over only	££
Nappy Rash (infected)	Miconazole cream	From birth	£
	Clotrimazole cream		
Pain Relief	Ibuprofen tablets/ solution	3 months and over only. Restrictions: asthma, GI bleed/ulcer and doses > 400mg TDS	£
	Paracetamol tablets/ solution	2 months and over only. Restrictions: born before 37 weeks weighing less than 4kg	
	Ibuprofen gel	12 years and over only	
Short term treatment of indigestion and heartburn	Omeprazole tablets	10mg only OTC: 18 years and over only	££
	Esomeprazole tablets	20mg only OTC: 18 years and over only	££
	Ranitidine tablets	75mg only OTC: 16 years and over only	£
Vitamins	Folic acid tablets (Prevention of neural tube defects)	5mg is POM~, 400mcg OTC only	£
	Vitamin D 400-1000 units (Prevention of vitamin D deficiency)	Some are POM~ don't specify a brand	£

Please note there are restrictions to supply in pregnant and breastfeeding patients and this should be considered before recommending OTC purchase

£ < £6 per course of treatment/ single pack/one month's supply, ££ > £6 per course of treatment/ single pack/one month's supply

\*Approx. cost (Prescription charge is £9 as at 04/2019), ~POM – prescription only medicine. All information was correct at time of publishing

Date approved: April 2019 Review date: April 2020

Reviewer: Alliance South MMT Medicines Optimisation  
Governance Group

