

Prescribing of medicines to treat minor illnesses is changing

How is it changing?

You will not generally be given a prescription for over the counter medicines for short-term minor health concerns, even if you qualify for free prescriptions. This includes:

Acute sore throat	Conjunctivitis	Coughs, colds & nasal congestion	Cradle cap
Dandruff	Diarrhoea (adults)	Dry eyes/sore tired eyes	Earwax
Excessive sweating	Haemorrhoids	Head Lice	Indigestion & heartburn
Infant colic	Infrequent cold sores of the lip	Infrequent constipation	Infrequent migraine
Insect bites and stings	Mild acne	Minor burns and scalds	Mild cystitis
Mild dry skin	Mild irritant dermatitis	Mild to moderate hay fever	Minor pain, discomfort and fever (e.g. aches and sprains, headache, period pain, back pain)
Mouth ulcers	Nappy rash	Oral thrush	
Prevention of tooth decay	Ringworm/athletes foot	Sunburn	Sun protection
Teething/mild toothache	Threadworms	Travel sickness	Warts and verrucae

Probiotics and some vitamins and minerals will generally no longer be prescribed because most people can and should get these from eating a healthy, varied and balanced diet or they can be purchased over the counter.

Why is it changing?

These common conditions can often be treated with over the counter medications available from your local pharmacy. Pharmacies are easy to access and you do not need to make an appointment with your pharmacist to receive advice quickly on how to manage these minor health concerns.

Having a well-stocked medicines cabinet at home can support your health in times of need.

For information and support visit www.nhs.uk/OTCmedicines