## **PRESCRIBING OVER THE COUNTER MEDICINES IS CHANGING**

In line with NHS England’s guidance on conditions for which over-the-counter items should not be routinely prescribed, SW London CCG’s do not support routine prescribing of medicines available to purchase over the counter as treatments for self-limiting and minor health conditions where:

* **Self care is the most important route and**
* **Medicines and treatments are available to buy over the counter**

Routine prescribing of treatments for the conditions shown below is no longer supported

**PLEASE HELP THE NHS TO USE RESOURCES SENSIBLY**

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| --- | --- | --- |
| Acute sore throat | Infant Colic | Mouth Ulcers |
| Conjunctivitis | Infrequent cold sores of the lip | Nappy rash |
| Cough and colds and nasal congestion | Infrequent constipation | Oral thrush |
| Cradle cap (Seborrhoeic dermatitis—Infants) | Infrequent migraine | Prevention of tooth decay |
| Dandruff | Insect bites and stings | Ringworm / Athletes foot |
| Diarrhoea (adults) | Mild Acne | Sun protection |
| Dry eyes / sore tired eyes | Mild cystitis | Sunburn due to excessive sun exposure |
| Earwax | Mild dry skin | Teething / mild toothache |
| Excessive sweating (hyperhidrosis) | Mild irritant dermatitis | Threadworms |
| Haemorrhoids | Mild to moderate hay fever / seasonal rhinitis | Travel sickness |
| Head Lice | Minor burns and scalds | Warts and Verrucae |
| Indigestion and Heartburn | Minor conditions associated with pain, discomfort and / or fever (e.g. aches and sprains, headache, period pain, back pain) |  |

Your GP, nurse or pharmacist will not generally give you a prescription for certain medicines that are available to buy in a pharmacy or local shops, even if you qualify for free prescriptions. This applies to treatments for minor health conditions. The team of health professionals at your local pharmacy can offer help and clinical advice to manage minor health conditions and if your symptoms suggest it’s more serious, they’ll ensure you get the care you need.