

OVER THE COUNTER MEDICATIONS:

NHS England has launched a public consultation on reducing prescribing of over-the-counter (OTC) medicines for minor, short-term health concerns which could save the NHS £136 million a year and encourage more people to self care.

A list of 33 minor health concerns has been identified by a National Joint Clinical working group which are either self-limiting or suitable for self-care. Vitamins/minerals and probiotics have also been included as items of low clinical effectiveness which are of high cost to the NHS.

Items that will no longer routinely be prescribed on the NHS by your GP include the following:

Self-limiting illnesses:

- 1.Acute Sore Throat
- 2.Cold Sores
- 3.Conjunctivitis
- 4.Coughs and colds and nasal congestion
- 5.Cradle Cap (Seborrhoeic dermatitis – infants)
- 6.Haemorrhoids
- 7.Infant Colic
- 8.Mild Cystitis

Minor illnesses suitable for self care:

- 9.Contact Dermatitis
- 10.Dandruff
- 11.Diarrhoea (Adults)
- 12.Dry Eyes/Sore tired Eyes
- 13.Earwax
- 14.Excessive sweating (Hyperhidrosis)
- 15.Head lice
- 16.Indigestion and Heartburn
- 17.Infrequent constipation
- 18.Infrequent Migraine

19. Insect bites and stings
20. Mild Acne
21. Mild Dry Skin/Sunburn
22. Mild to Moderate Hay fever/Allergic Rhinitis
23. Minor burns and scalds
24. Minor conditions associated with pain, discomfort and/fever. (e.g. aches and sprains, headache, period pain, back pain)
25. Mouth ulcers
26. Nappy Rash
27. Oral Thrush
28. Prevention of dental caries
29. Ringworm/Athletes foot
30. Teething/Mild toothache
31. Threadworms
32. Travel Sickness
33. Warts and Verrucae

Items of low clinical effectiveness:

- Probiotics
- Vitamins and minerals.

The pharmacist is able to advise on all of these minor illnesses and additionally can prescribe the following antibiotics if necessary without you having to see a GP:

- 1) simple Urinary Tract Infection (Nitrofurantoin)
- 2) Conjunctivitis (chloramphenicol)
- 3) Impetigo (fucidic acid)
- 4) Infected nappy rash
- 5) Oral thrush (nystatin)

There will be no charge if you have a medical exemption and a standard prescription charge if you don't.