

Self care and over the counter items

A quick reference guide

This is a quick reference guide for GPs and practice staff.

- If you print this document you can use the contents page and headings on the bottom of the pages to quickly find the information you require.
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Background

In March 2018, NHS England published guidance for conditions for which over the counter (OTC) items should not routinely be prescribed in primary care. It listed 35 conditions, plus probiotics and vitamins and minerals, as areas where self care may be more appropriate.¹

This guidance is intended to encourage people to self care for minor illnesses as the first stage of treatment. It is envisaged that in most cases (unless specified) these minor conditions will clear up with appropriate self care. If symptoms are not improving or responding to treatment, then patients should be encouraged to seek further advice.

Please note: the lists below are not exhaustive and the OTC restrictions may vary between brands. Please refer a community pharmacist who will be able to advise further on specific preparations and suitability.

General exceptions to the guidance

There are certain scenarios where patients should continue to have their treatments prescribed and these are outlined below:

1.	Patients prescribed an OTC treatment for a long term condition (e.g. regular pain relief for chronic arthritis or treatments for inflammatory bowel disease).
2.	For the treatment of more complex forms of minor illnesses (e.g. severe migraines that are unresponsive to OTC medicines).
3.	For those patients that have symptoms that suggest the condition is not minor (i.e. those with red flag symptoms, for example indigestion with very bad pain).
4.	Treatment for complex patients (e.g. immunosuppressed patients).
5.	Patients on prescription only treatments.
6.	Patients prescribed OTC products to treat an adverse effect or symptom of a more complex illness and/or prescription only medications should continue to have these products prescribed on the NHS.
7.	Circumstances where the product licence does not allow the product to be sold OTC to certain groups of patients. This may vary by medicine, but could include babies, children and/or women who are pregnant for example or breast-feeding. Community pharmacists will be aware of what these are and can advise accordingly.
8.	Patients with a minor condition suitable for self care that has not responded sufficiently to treatment with an OTC product.

Probiotics

There is currently insufficient clinical evidence to support the prescribing of probiotics within the NHS for the treatment or prevention of diarrhoea of any cause.^{1,2,3}

Exceptions

- NHS England guidance in 2018 listed Advisory Committee on Borderline Substances (ACBS) approved indication or as per local policy as exceptions.¹ However, probiotic preparations are no longer listed in Part XV (Borderline Substances) in the Drug Tariff⁴ and so should not be prescribed on an NHS prescription as an ACBS. For further information refer to PrescQIPP bulletin 262: Probiotics.⁵

Vitamins and minerals

Vitamins and minerals should not be routinely prescribed in primary care as dietary supplements or as a general “pick-me-up” due to limited evidence of their clinical effectiveness.^{1,6}

Vitamins and minerals are essential nutrients which most people can and should get from eating a healthy, varied and balanced diet. In most cases, dietary supplementation is unnecessary.¹

Many vitamin and mineral supplements are classified as foods and not medicines. They therefore do not have to go through the strict criteria laid down by the Medicines and Healthcare products Regulatory Agency (MHRA) to confirm their quality, safety and efficacy before reaching the market. It is therefore not deemed appropriate for such preparations to be routinely funded on the NHS.¹

Any prescribing not in-line with the listed exceptions should be discontinued.¹

Exceptions

- Medically diagnosed deficiency, including for those patients who may have a lifelong or chronic condition or have undergone surgery that results in malabsorption. Continuing need should be reviewed on a regular basis and maintenance or preventative treatment is not an exception.
- Calcium and vitamin D for osteoporosis.
- Malnutrition including alcoholism.
- Vitamin K (menadiol, phytomenadione).
- Prescription only vitamin D analogues such as alfacalcidol.
- Vitamin and mineral supplements recommended by the ACBS as borderline substances in patients with malnutrition.

Illness ¹	<h2 style="color: #0070C0;">Acute sore throat</h2> <p>There is little evidence to suggest that treatments such as lozenges or throat sprays help to treat the cause of sore throat.</p>
Advice to patients ¹	Patients should be advised to take simple painkillers and implement some self-care measures such as gargling with warm salty water instead.
Exceptions ¹	Red flag symptoms that suggest the condition is not minor.
Examples of medicines available to purchase OTC	<ul style="list-style-type: none"> • Benzydamine oral rinse/spray/mouthwash (Pharmacy only, P) – Difflam®, Oroeze®, benzydamine (generic) • Lozenges, for example chlorhexidine/lidocaine (Covonia®), benzydamine (Difflam®), flurbiprofen (Strefen®), amylmetacresol/2,4-dichlorobenzyl alcohol (Strepsils®) (General Sales List, GSL/P) • Throat sprays, for example chlorhexidine/lidocaine (Covonia®), benzocaine (Ultra Chloraseptic®) (GSL/P)
OTC restrictions ⁷	<ul style="list-style-type: none"> • All preparations – pregnancy (flurbiprofen contraindicated in the last trimester) and breastfeeding • Benzydamine oral rinse/mouthwash – children aged 12 years or under (no age restriction for the oral spray), hypersensitivity to acetylsalicylic acid or other non-steroidal anti-inflammatory drugs (NSAIDs), caution in patients with asthma • Throat lozenges – children under 6 or 12 years (age is dependent on brand), fructose intolerance • Throat Sprays – children under 6 or 12 years (age is dependent on brand) • Flurbiprofen – hypersensitivity to acetylsalicylic acid or other NSAIDs, peptic ulcer/haemorrhage or gastrointestinal ulceration, severe heart failure/severe renal failure/severe hepatic failure, history of gastrointestinal bleeding or perforation, severe colitis or haemorrhagic, haematopoietic disorders related to previous NSAID therapy, concomitant NSAIDs/cyclooxygenase-2 (COX-2) inhibitors

Illness¹	<p>Infrequent cold sores of the lip</p> <p>Cold sores caused by the herpes simplex virus usually clear up without treatment within seven to ten days.</p>
Advice to patients¹	<p>Antiviral creams are available OTC from pharmacies without a prescription. If used correctly, they can help ease symptoms and speed up the healing time.</p> <p>To be effective, apply as soon as the first signs of a cold sore appear.</p> <p>Using an antiviral cream after this initial period is unlikely to have much of an effect.</p>
Exceptions¹	<p>Immunocompromised patients.</p> <p>Red flag symptoms that suggest the condition is not minor.</p>
Examples of medicines available to purchase OTC	<ul style="list-style-type: none"> • Aciclovir cream 5% (GSL)
OTC restrictions⁷	<ul style="list-style-type: none"> • Immunocompromised patients • Only for face and lips, not on mucous membranes • Not for the treatment of genital herpes or ocular herpes infections • Pregnancy – consider potential benefits vs. possible unknown risks

Illness¹	<h2>Conjunctivitis</h2>
	<p>Treatment is not usually needed for conjunctivitis as the symptoms usually clear within a week. There are several self-care measures that may help with symptoms. If treatment is needed, then treatment is dependent on the cause:</p> <ul style="list-style-type: none"> • In severe bacterial cases, antibiotic eye drops and eye ointments can be used to clear the infection. • Irritant conjunctivitis will clear up as soon as whatever is causing it is removed. • Allergic conjunctivitis can usually be treated with antiallergy medications such as antihistamines. The substance that caused the allergy should be avoided.
Advice to patients¹	<p>Treatments for conjunctivitis can be purchased over the counter; however, almost half of all simple cases of conjunctivitis clear up within ten days without any treatment.</p>
Exceptions¹	<p>Red flag symptoms that suggest the condition is not minor.</p>
Examples of medicines available to purchase OTC	<ul style="list-style-type: none"> • Chloramphenicol 0.5% eye drops (P) • Chloramphenicol 1% eye ointment (P)
OTC restrictions⁷	<ul style="list-style-type: none"> • Children under 2 years • Pregnancy and breastfeeding • Known personal or family history of blood dyscrasias including aplastic anaemia • Pre-existing bone-marrow depression or patients who have experienced myelosuppression during previous exposure to chloramphenicol

Illness¹	<p>Coughs, colds and nasal congestion</p> <p>Most colds start to improve in seven to ten days. Most coughs clear up within two to three weeks. Both conditions can cause nasal congestion. Neither condition requires any treatment. However, some OTC medicines help to relieve short term fevers and nasal congestion.</p>
Advice to patients¹	<p>These conditions do not require any treatment. However, some OTC medicines help to relieve short term fevers and nasal congestion.</p>
Exceptions¹	<p>Red flag symptoms that suggest the condition is not minor.</p>
Examples of medicines available to purchase OTC	<ul style="list-style-type: none"> • Ibuprofen tablets/capsules and suspension (pack size GSL x 16, P x 32) • Paracetamol tablets/capsules/soluble tablets/effervescent tablets/sachets/suspension/suppositories (pack size GSL x 16, P x 32) • Pseudoephedrine or pseudoephedrine-containing preparations (P) – Benylin® Day & Night Tablets, Galpseud® Linctus, Lemsip® Max Flu, Sudafed® Decongestant tablets/liquid • Combination products (ibuprofen/pseudoephedrine) (P) - Sudafed®Sinus Pressure & Pain Tablets
OTC restrictions⁷	<ul style="list-style-type: none"> • Ibuprofen – Stomach ulcer; perforation or bleeding (active or history of); children under three months and weighing less than 5kg (oral suspension, some brands may vary), children under 12 years (tablets, capsules); severe renal or hepatic impairment; class IV heart failure; last trimester of pregnancy; avoid use in chickenpox; previous hypersensitivity to aspirin or NSAIDs • Paracetamol – Severe renal or severe hepatic impairment (medical advice needed); children under two months; babies born before 37 weeks; babies weighing less than 4kg; children under ten years (tablets & capsules); use with caution in patients with glutathione depletion due to metabolic deficiencies; fructose intolerance (suspensions/soluble tablets); sodium content of soluble/effervescent tablets and sachets if on a low sodium diet • Pseudoephedrine or pseudoephedrine-containing preparations – Children under 12 or 16 years (depending on brand); pregnancy, breastfeeding; avoid use in cardiovascular disease, hypertension, diabetes mellitus, severe renal impairment, phaeochromocytoma, hyperthyroidism, closed angle glaucoma; concomitant sympathomimetic decongestants, beta-blockers or monoamine oxidase inhibitors (MAOIs), or within 14 days of stopping MAOI treatment; use with caution/avoid (depending on the brand) in hyperexcitability, urination difficulty, prostatic enlargement, severe hepatic impairment, occlusive vascular disease, asthma

Illness¹	<p>Cradle cap (seborrhoeic dermatitis – infants)</p> <p>Cradle cap is harmless and does not usually itch or cause discomfort. It usually appears in babies in the first two months of their lives and clears up without treatment within weeks to a few months.</p>
Advice to patients¹	Cradle cap treatment should not routinely be offered in primary care as the condition is self-limiting and will clear up on its own without the need for treatment.
Exceptions¹	If causing distress to the infant and not improving.
Examples of medicines available to purchase OTC	<p>Emulsifying ointments and shampoos (GSL), examples include:</p> <ul style="list-style-type: none"> • Capasal™ Therapeutic Shampoo (salicylic acid/coconut oil/coal tar) • Dentinox® Cradle Cap Shampoo (sodium lauryl ether sulfo-succinate/sodium lauryl ether sulfate) • Loyon® Cradle Cap Treatment (dicaprylyl carbonate/dimeticones)
OTC restrictions⁷	<ul style="list-style-type: none"> • Not to be used on broken or infected skin (Dentinox® Shampoo)

Illness¹	<h2 style="color: #0070C0;">Haemorrhoids</h2> <p>In many cases, haemorrhoids do not cause symptoms and some people do not even realise they have them. Haemorrhoids often clear up by themselves after a few days.</p> <p>Making simple dietary changes and not straining on the toilet are often recommended first.</p>
Advice to patients¹	<p>Treatments (creams, ointments and suppositories) can reduce itching and discomfort and these are available over the counter for purchase.</p>
Exceptions¹	<p>Red flag symptoms that suggest the condition is not minor.</p>
Examples of medicines available to purchase OTC	<p>Zinc oxide products (GSL), examples include:</p> <ul style="list-style-type: none"> • Anusol Cream® (zinc oxide/bismuth oxide/balsam peru) • Germoloids® (zinc oxide/lidocaine) • Anodesyn® (GSL) (allantoin/lidocaine) • Anusol® Plus HC Ointment (P) (balsam peru/benzyl benzoate/bismuth oxide/bismuth subgallate /hydrocortisone acetate/zinc oxide)
OTC restrictions⁶	<ul style="list-style-type: none"> • Not recommended for children (Anodesyn®, Anusol® preparations) • Children under 12 years (Germoloids®) • Pregnancy, breastfeeding • Rectal bleeding or blood in stools • Tubercular, fungal and most viral lesions including herpes simplex, vaccinia and varicella (Anusol® Plus HC)

Illness¹	<p>Infant colic</p> <p>As colic eventually improves on its own, medical treatment is not usually recommended.</p>
Advice to patients¹	<p>There are some OTC treatments available that could be tried. However, there is limited evidence for the effectiveness of these treatments.</p> <p>The most useful intervention is support for parents and reassurance that colic will resolve.</p>
Exceptions¹	<p>Red flag symptoms that suggest the condition is not minor.</p>
Examples of medicines available to purchase OTC	<ul style="list-style-type: none"> • Lactase 50,000 units, for example Colief® (GSL) • Simeticone 40mg/ml, for example Infacol® (GSL) • Activated dimeticone 42mg/5ml, for example Dentinox® (GSL)
OTC restrictions⁷	<ul style="list-style-type: none"> • Activated dimeticone 42mg/5ml - should be avoided in fructose, glucose-galactose or sucrose intolerant patients as it contains sucrose

	Mild cystitis
Illness¹	Mild cystitis is a common type of urinary tract inflammation, normally caused by an infection; however it is usually more of a nuisance than a cause for serious concern. Mild cases can be defined as those that are responsive to symptomatic treatment but will also clear up on their own. If symptoms do not improve in three days, despite self care measures, then the patient should be advised to see their GP.
Advice to patients¹	Symptomatic treatment using products that reduce the acidity of the urine to reduce symptoms are available, but there is a lack of evidence to suggest they are effective.
Exceptions¹	Red flag symptoms that suggest the condition is not minor.
Examples of medicines available to purchase OTC	<ul style="list-style-type: none"> • Sodium citrate 4g sachets products, for example Caneoasis® Cystitis Relief granules, Boots Cystitis Relief (GSL) • Potassium citrate products, for example Cystopurin®, Effercitrate® and potassium citrate mixture (generic) (GSL)
OTC restrictions⁷	<ul style="list-style-type: none"> • Sodium citrate 4g sachet products – Men, catheterisation, visible haematuria, children under 16 years, diabetes; heart disease, including hypertension; renal disease, pregnancy, breastfeeding, low sodium diet, intolerance to some sugars • Potassium citrate products – Men, catheterisation, visible haematuria, pregnancy, breastfeeding, children under one year (potassium citrate mixture), children under six years (Cystopurin®, Effercitrate®), Addison’s disease (Effercitrate®, potassium citrate mixture), renal dysfunction, hyperkalaemia (Effercitrate®, potassium citrate mixture), ventricular arrhythmia (Effercitrate®, potassium citrate mixture), heart disease, including hypertension (Cystopurin®, Effercitrate®), acute dehydration (Effercitrate®)

Illness¹	<p>Mild irritant dermatitis</p> <p>Irritant dermatitis is a type of eczema triggered by contact with a particular substance. Once treated most people can expect their symptoms to improve and/or clear up completely if the irritant or allergen can be identified and removed or avoided. It is most commonly caused by irritants such as soaps, washing powders, detergents, solvents or regular contact with water.</p>
Advice to patients¹	<p>Treatment normally involves avoiding the allergen or irritant and treating symptoms with OTC emollients and topical corticosteroids.</p>
Exceptions¹	<p>No routine exceptions have been identified. See earlier for general exceptions.</p>
Examples of medicines available to purchase OTC	<ul style="list-style-type: none"> • Emollients (not aqueous cream) • Crotamiton, for example Eurax® (GSL) • Steroid creams, for example hydrocortisone (P). Brands include Eurax-Hc® Cream, and Hc45® Hydrocortisone Cream
OTC restrictions⁷	<ul style="list-style-type: none"> • Children under 12 years for some brands. However, the following may be used: <ul style="list-style-type: none"> » Eurax® licensed for children over three years » Hc45 Hydrocortisone® Cream licensed for children over ten years • Pregnancy, breastfeeding • Exudative, ulcerated, broken or inflamed skin • Buccal mucosa, face, scalp, in and around the eyes, and anogenital region • In the presence of untreated bacterial, viral, tuberculous or fungal infections (Eurax-Hc®, Hc45®) • Aqueous cream is not recommended as an emollient, only as a soap substitute for skin washing

Illness¹	<p>Dandruff</p> <p>Dandruff is a common skin condition. It can be defined as mild scaling of the scalp without itching. Dandruff is not contagious or harmful.</p>
Advice to patients¹	Dandruff can be easily treated with over the counter antifungal shampoos.
Exceptions¹	No routine exceptions have been identified. See earlier for general exceptions.
Examples of medicines available to purchase OTC	<ul style="list-style-type: none"> • Ketoconazole, for example Dandrazol® Anti-Dandruff Shampoo (GSL), Nizoral® Dandruff Shampoo (P) • Coal tar shampoo, for example Capasal™, Cociois®, Polytar® (GSL) • Selenium sulfide shampoo, for example Selsun® Shampoo (P)
OTC restrictions⁷	<ul style="list-style-type: none"> • Pregnancy (Cociois®, Polytar®, Selsun®) • Breastfeeding (Cociois®, Polytar®) • Children under 12 years (ketoconazole, Cociois®, Polytar®) • Infected open skin lesions and sore or acute pustular psoriasis (Cociois®, Polytar®) • Damaged or inflamed skin on the scalp (Selsun®) • Children under five years (Selsun®)

Illness¹	<p>Diarrhoea (adults only)</p> <p>Diarrhoea normally affects most people from time to time and is usually nothing to worry about. However, it can take a few days to a week to clear up.</p> <p>Acute diarrhoea is usually caused by a bacterial or viral infection and other causes include drugs, anxiety or a food allergy.</p>
Advice to patients¹	<p>Over the counter treatments can help replace lost fluids or reduce bowel motions.</p>
Exceptions¹	<p>Please note: this recommendation does not apply to children.</p> <p>No routine exceptions have been identified. See earlier for general exceptions.</p>
Examples of medicines available to purchase OTC	<ul style="list-style-type: none"> • Loperamide 2mg capsule products, for example Boots Diarrhoea Relief, Imodium®, loperamide (generic) (6 capsules GSL, larger pack sizes P) • Oral rehydration sachets, for example Boots Rehydration Treatment, Dioralyte® Relief Sachets (GSL)
OTC restrictions⁷	<ul style="list-style-type: none"> • Loperamide – Children under 12 years, irritable bowel syndrome (IBS) that has not been diagnosed by a doctor, blood in stools and high fever (acute dysentery), acute ulcerative colitis, bacterial enterocolitis, pseudomembranous colitis, galactose intolerance, the Lapp lactase deficiency or glucose-galactose malabsorption, inhibition of peristalsis is to be avoided, pregnancy, breastfeeding • Oral rehydration sachets - Liver or renal disease, low potassium/sodium diets, phenylketonuria, intestinal obstruction; children under one year and pregnancy/breastfeeding (medical advice needed)

Illness¹	<p>Dry eyes/sore tired eyes</p> <p>Dry eye syndrome, or dry eye disease, is a common condition that occurs when the eyes do not make enough tears, or the tears evaporate too quickly. Most cases of sore tired eyes resolve themselves.</p>
Advice to patients¹	<p>Patients should be encouraged to manage both dry eyes and sore eyes by implementing some self-care measures such as good eyelid hygiene and avoidance of environmental factors alongside treatment.</p> <p>Mild to moderate cases of dry eye syndrome or sore tired eyes can usually be treated using lubricant eye treatments that consist of a range of drops, gels and ointments that can be easily be purchased OTC.</p>
Exceptions¹	<p>No routine exceptions have been identified. See general exceptions. Pre-existing eye conditions.</p>
Examples of medicines available to purchase OTC	<ul style="list-style-type: none"> • Hypromellose 0.3% (P) • Carbomer (P) (examples include GelTears®, Liquivisc® and Viscotears® Eye Gel) • Yellow soft paraffin/anhydrous lanolin/liquid paraffin (P) (Simple Eye Ointment) • Sodium hyaluronate (examples include Boots Eye Drops for Dry and Irritated Eyes and Optrex® Intensive Eye Drops) • Distilled witch hazel (GSL) (Optrex® Sore Eyes Drops)
OTC restrictions⁷	<ul style="list-style-type: none"> • Pregnancy, breastfeeding (check individual brands) • Use with soft contact lenses (check with individual brands)

Illness¹	<p>Earwax</p> <p>Earwax is produced inside ears to keep them clean and free of germs. It usually passes out of the ears harmlessly, but sometimes too much can build up and block the ears.</p>
Advice to patients¹	<p>A build-up of earwax is a common problem that can often be treated using eardrops bought OTC. These can help soften the earwax so that it falls out naturally.</p>
Exceptions¹	<p>No routine exceptions have been identified. See earlier for general exceptions. Perforated ear drum.</p>
Examples of medicines available to purchase OTC	<ul style="list-style-type: none"> • Olive oil drops (GSL) • Docusate sodium 0.5% drops, for example Waxsol® (P) • Hydrogen peroxide 5% ear drops, for example Otex® (P) • Acetic acid 2%, for example EarCalm® Spray (P) (not licensed for wax removal, may help if ears itch after wax removal, however significant itching may indicate infection and this should be confirmed and treated by the GP)
OTC restrictions⁷	<ul style="list-style-type: none"> • Children under 12 (EarCalm®) • Ear drum damaged, ear disorder or history of ear problems (Otex®) • Perforation of the ear drum or inflammation of the ear (EarCalm®, Waxsol®) • Inflammation of the ear (EarCalm®; Waxsol®)

Illness¹	<p>Excessive sweating (hyperhidrosis)</p> <p>Hyperhidrosis is a common condition in which a person sweats excessively. First line treatment involves simple lifestyle changes.</p>
Advice to patients¹	<p>An antiperspirant containing aluminium chloride is usually the first line of treatment and is sold in most pharmacies. Things you can do to help with excessive sweating are:</p> <p>Do</p> <ul style="list-style-type: none"> • Wear loose-fitting clothes to minimise signs of sweating • Wear socks that absorb moisture and change your socks at least twice a day if possible • Wear leather shoes and try to wear different shoes day to day <p>Don't</p> <ul style="list-style-type: none"> • Wear tight clothes or man-made fabrics – for example, nylon • Wear enclosed boots or sports shoes that may cause your feet to sweat more • Do things that might make your sweating worse – for example, drinking alcohol or eating spicy food
Exceptions¹	<p>No routine exceptions have been identified. See earlier for general exceptions.</p>
Examples of medicines available to purchase OTC	<ul style="list-style-type: none"> • Aluminium chloride, for example Driclor® and Anhydrol® Forte (P)
OTC restrictions⁷	<ul style="list-style-type: none"> • Broken or irritated skin • External use only

Illness¹	<h2 style="color: #0070C0;">Headlice</h2> <p>Headlice are a common problem, particularly in school children aged 4-11. They are largely harmless but can live in the hair for a long time if not treated and can be irritating and frustrating to deal with.</p>
Advice to patients¹	<p>It is not always possible to prevent head lice infestation, as they are spread by close head-to-head contact, especially when children are playing. However, these self-care tips will help with detection and prevention.</p> <p>Frequent checking - carefully looking at your child's scalp and hair for head lice, especially at the start of the school year. Ideally do this weekly.</p> <p>'Wet combing'- Wash hair as usual then use conditioner, do not wash this off. Use a normal comb to untangle hair, then a fine-toothed head lice detection comb to remove live head lice.</p> <p>Avoid sharing hats, combs, hairbrushes, towels and pillows.</p> <p>Hair length - People with longer hair are more likely to catch head lice, simply because it is easier for the head lice to transfer to and from longer hair.</p> <p>Head lice eradication products containing alcohol: there is a risk of serious burns if treated hair is exposed to open flames or other sources of ignition, e.g. cigarettes.</p>
Exceptions¹	<p>No routine exceptions have been identified. See earlier for general exceptions. OTC chemical treatment (as opposed to wet combing) is only recommended in exceptional circumstances.</p>
Examples of medicines available to purchase OTC	<ul style="list-style-type: none"> • Dimeticone, for example Hedrin® (P) • Oxyphthirine, for example Lyclear® Sensitive Treatment Lotion (GSL) • Cyclomethicone/isopropyl myristate, for example Full Marks® (GSL) • Malathion aqueous lotion 0.5%, for example Derbac-M® (GSL) • Isopropyl myristate/isopropyl alcohol, for example Vamousse® (GSL) • Permethrin, for example Lyclear Crème Rinse (P) • Headlice comb - for wet combing hair after treatment with conditioner, lotions, solutions or sprays
OTC restrictions⁷	<ul style="list-style-type: none"> • Children under two years (Vamousse®, cyclomethicone/isopropyl myristate) • Children under six months (dimeticone, oxyphthirine, malathion) • Pregnancy, breastfeeding (malathion, Vamousse®) - medical advice needed • Avoid use on broken or infected skin (malathion)

Illness¹	<h2 style="color: #0070C0;">Indigestion and heartburn</h2> <p>Most people have indigestion at some point. Usually, it is not a sign of anything more serious and can be treated at home without the need for medical advice, as it is often mild and infrequent and specialist treatment is not required.</p>
Advice to patients¹	<p>Most people are able to manage their indigestion by making simple diet and lifestyle changes or taking medication such as antacids. Most people can ease symptoms by simple changes to their diet and lifestyle, and avoiding foods that make indigestion worse (e.g. rich spicy or fatty foods, caffeinated drinks).</p>
Exceptions¹	<p>No routine exceptions have been identified. See earlier for general exceptions.</p>
Examples of medicines available to purchase OTC	<ul style="list-style-type: none"> • Sodium alginate, calcium carbonate, magnesium alginate, for example Acidex®, Gaviscon® Advance, and Gaviscon® Infant (GSL/P) • Sodium bicarbonate, calcium carbonate, magnesium carbonate, for example Bisodol® Original Indigestion Relief Tablets (GSL) • Omeprazole 10mg and 20mg tablets, for example Pyrocalm® Control, Boots Pharmaceuticals Acid Reflux Tablets (GSL/P) • Esomeprazole 20mg tablets, for example Nexium Control® (GSL) • Pantoprazole 20mg tablets, for example Pantoloc Control® (P)
OTC restrictions⁷	<ul style="list-style-type: none"> • Pregnancy, breastfeeding (esomeprazole, pantoprazole) • Children under 18 years of age (omeprazole, esomeprazole, pantoprazole), children under 12 years (Bisodol®, Acidex®, Gaviscon®), children under two years (Gaviscon® Infant) • Treatment for more than 14 days (omeprazole, esomeprazole) • Patients on continuous symptomatic treatment of indigestion or heartburn for four or more weeks or previous gastric ulcer or gastrointestinal surgery; jaundice, liver disease, aged over 55 years with new or recently changed symptoms (omeprazole, esomeprazole, pantoprazole) • Rare hereditary problems of galactose intolerance, total lactase deficiency or glucose-galactose malabsorption (omeprazole, esomeprazole)

Illness¹	<p>Infrequent constipation</p> <p>Constipation can affect people of all ages and can be just for a short period of time.</p>
Advice to patients¹	It can be effectively managed with a change in diet or lifestyle and short-term use of OTC laxatives.
Exceptions¹	No routine exceptions have been identified. See earlier for general exceptions.
Examples of medicines available to purchase OTC	<ul style="list-style-type: none"> • Lactulose, for example Duphalac®, Lactulose (generic) (P) • Bisacodyl, for example Bisalax®, Dulcolax®, Sovolax® (GSL and P depending on pack size) • Senna, for example Senokot® 12 years Plus, Boots Senna Adult Laxative (GSL) • Ispaghula Husk Granules, for example Fybogel®, Ispagel® (GSL) • Senna/isphaghula, for example Manevac® (GSL)
OTC restrictions⁷	<ul style="list-style-type: none"> • Lactulose - Galactosaemia; acute inflammatory bowel disease; gastrointestinal obstruction or subocclusive syndromes; digestive perforation or risk of digestive perforation; painful abdominal syndromes of undetermined cause • Bisacodyl - Patients with ileus, intestinal obstruction, acute abdominal conditions including appendicitis, acute inflammatory bowel diseases, and severe abdominal pain associated with nausea and vomiting which may be indicative of the aforementioned severe conditions; galactose intolerance, the Lapp lactase deficiency or glucose-galactose malabsorption, fructose intolerance or sucrase-isomaltase insufficiency; severe dehydration, pregnancy and breastfeeding (medical advice needed); children under 18 years • Senna - Severe dehydration with water and electrolyte depletion; children under 12 years; pregnancy, breastfeeding; intestinal obstructions and stenosis, atony, appendicitis, inflammatory bowel diseases, abdominal pain of unknown origin; treatment for more than 7 days; galactose intolerance, the Lapp lactase deficiency or glucose-galactose malabsorption • Ispaghula Husk Granules +/- senna - Children under six years (Fybogel®), children under 12 years (Ispagel®); diabetes and concomitant use of thyroid hormones (medical advice needed); patients with a sudden change in bowel habit that has persisted more than two weeks; undiagnosed rectal bleeding and failure to defecate following the use of a laxative; patients suffering from abnormal constrictions in the gastro-intestinal tract, with diseases of the oesophagus and cardia, intestinal obstruction, faecal impaction, natural or drug-induced reduction of gut motility and colonic atony such as senile mega-colon; patients who have difficulty in swallowing or any throat problems; phenylketonuria (Fybogel®, Ispagel® contain aspartame); treatment for more than three days without bowel movement

Illness ¹	<h2 style="color: #0070C0;">Infrequent migraine</h2> <p>Migraine is a common health condition, affecting around one in every five women and around one in every 15 men.</p>
Advice to patients ¹	Mild infrequent migraines can be adequately treated with OTC painkillers and a number of combination medicines for migraine are available that contain both painkillers and anti-sickness medicines.
Exceptions ¹	No routine exceptions have been identified. See earlier for general exceptions.
Examples of medicines available to purchase OTC	<ul style="list-style-type: none"> • Ibuprofen tablets/capsules/suspension (GSL x 16, P x 32) • Paracetamol tablets/soluble tablets/effervescent tablets/sachets/capsules/oral solution (GSL x 16, P x 32) • Co-codamol 8/500mg, for example Migralveo® Yellow tablets and Paracodol® (P) • Anti-sickness - prochlorperazine maleate, for example Buccastem M® tablets 3mg (P) • Sumatriptan, for example Boots Migraine Relief Tablets, Migraitan®, Sumibril® (P)
OTC restrictions ⁷	<ul style="list-style-type: none"> • Ibuprofen - Stomach ulcer; perforation or bleeding (active or history of); children under three months and weighing less than 5kg (oral suspension, some brands may vary); children under 12 years (tablets, capsules); severe renal or hepatic impairment; class IV heart failure, last trimester of pregnancy, avoid use in chickenpox, previous hypersensitivity to aspirin or NSAIDs • Paracetamol - Severe renal or severe hepatic impairment, (medical advice needed), children under two months, babies born before 37 weeks, babies weighing less than 4kg; children under 10 years (tablets & capsules); use with caution in patients with glutathione depletion due to metabolic deficiencies; fructose intolerance (suspensions/soluble tablets); sodium content of soluble/effervescent tablets and sachets if on a low sodium diet • Co-codamol - Children under 12 years; severe liver and kidney disease (medical advice needed); breastfeeding, pregnancy; treatment length limited to three days; head injury; in conditions in which intracranial pressure is increased; acute respiratory depression; obstructive bowel disorders and in patients at risk of paralytic ileus; CYP2D6 ultra-rapid metabolisers • Prochlorperazine maleate - Impaired liver function; existing blood dyscrasias, epilepsy, Parkinson's disease, prostatic hypertrophy, narrow angle glaucoma, pregnancy, breastfeeding, children under 18 years; medical advice needed if there is a personal or family history of blood clots; risk factors for a blood clot or stroke (high blood pressure, high cholesterol level, diabetes, smoking); maximum of two days treatment • Sumatriptan - Children under 18 years; patients over 65 years; patients who have had a myocardial infarction or have ischaemic heart disease, coronary vasospasm (Prinzmetal's angina); peripheral vascular disease or patients who have symptoms or signs consistent with ischaemic heart disease; patients with a history of cerebrovascular accident (stroke) or transient ischaemic attack (TIA); severe hepatic impairment; moderate and severe hypertension and mild uncontrolled hypertension; galactose intolerance, total lactase deficiency or glucose-galactose malabsorption (Migraitan®/Sumibril®); pregnancy and breastfeeding (medical advice needed)

Illness¹	<h2 style="color: #0070C0;">Insect bites and stings</h2> <p>Most insect bites and stings are not serious and will get better within a few hours or days.</p>
Advice to patients¹	<p>Over the counter treatments can help ease symptoms, such as painkillers, creams for itching and antihistamines.</p>
Exceptions¹	<p>No routine exceptions have been identified. See earlier for general exceptions.</p>
Examples of medicines available to purchase OTC	<ul style="list-style-type: none"> • Calamine lotion/zinc oxide (GSL) • Mepyramine maleate 2%, for example Anthisan® Bite and Sting Cream 2% (GSL) • Lidocaine hydrochloride/zinc sulphate/cetrimide - Savlon® Bites and Stings Pain Relief Gel (GSL) • Antihistamine, for example Piriton®, chlorphenamine (generic) - licensed for insect bites (P)
OTC restrictions⁷	<ul style="list-style-type: none"> • Calamine/zinc oxide – Broken or infected skin • Mepyramine - Eczematous conditions or on extensively broken skin surfaces; pregnancy, breastfeeding (medical advice needed); seek medical advice if no better, or worse, after three days • Lidocaine hydrochloride/zinc sulphate/cetrimide - Children under 12 years; not suitable for animal bites; broken or infected skin • Chlorphenamine - Children under six years (tablets), children under one year (solution); pregnancy and breastfeeding (medical advice needed); kidney or liver impairment (medical advice needed); patients who have taken an monoamine oxidase inhibitor (MAOI) within the past 14 days; fructose intolerance, glucose-galactose malabsorption or sucrose-isomaltase insufficiency

Illness¹	<p>Mild acne</p> <p>Acne is a common skin condition that affects most people at some point. Although acne cannot be cured, it can be controlled with treatment.</p>
Advice to patients¹	Several creams, lotions and gels for treating acne are available at pharmacies. Treatments can take up to three months to work.
Exceptions¹	No routine exceptions have been identified. See earlier for general exceptions.
Examples of medicines available to purchase OTC	<ul style="list-style-type: none"> • Benzoyl peroxide-containing preparations (P), for example: <ul style="list-style-type: none"> » Acnecide® » Quinoderm®
OTC restrictions⁷	<ul style="list-style-type: none"> • Pregnancy (only use if clearly needed), breastfeeding (caution) • Damaged skin • Acne rosacea (Quinoderm®) • Avoid use of sunlamps, prolonged exposure to sunlight

Illness¹	<p>Mild dry skin</p> <p>Patients with mild dry skin can be successfully managed using OTC products on a long-term basis.</p>
Advice to patients¹	Emollients are often used to help manage dry, itchy or scaly skin conditions.
Exceptions¹	No routine exceptions have been identified. See earlier for general exceptions.
Examples of medicines available to purchase OTC	<p>Emollients (not aqueous cream)</p> <p>Brands include (GSL):</p> <ul style="list-style-type: none"> • Cetraben® • Dermol® • Emulsiderm® • Oilatum®
OTC restrictions⁷	<ul style="list-style-type: none"> • Aqueous cream is not recommended as an emollient, only as a soap substitute for skin washing

Illness¹	<h2 style="color: #0070C0;">Sunburn due to excessive sun exposure</h2> <p>Most people manage sun burn symptoms themselves or prevent symptoms developing by using sun protection. These products can easily be bought in a pharmacy or other outlet.</p>
Advice to patients¹	<p>Cool your skin by having a cold bath or shower, sponging it with cold water or holding a flannel to it.</p> <p>Use lotions containing aloe vera to soothe and moisturise the skin and drink plenty of fluids to avoid dehydration.</p> <p>Take painkillers such as paracetamol or ibuprofen to relieve the pain if required.</p>
Exceptions¹	<p>No routine exceptions have been identified. See earlier for general exceptions.</p>
Examples of medicines available to purchase OTC	<ul style="list-style-type: none"> • Calamine lotion (GSL) • After sun preparations (GSL)
OTC restrictions⁷	<ul style="list-style-type: none"> • Broken or infected skin

Illness¹	<p>Sun protection</p> <p>Most people prevent symptoms of sun damage developing by using sun protection. These products can easily be bought in a pharmacy or other outlet.</p>
Advice to patients¹	Sun protection products can readily be bought in a pharmacy and other outlets.
Exceptions¹	ACBS approved indication of photodermatoses, i.e. where skin protection should be prescribed.
Examples of medicines available to purchase OTC	<ul style="list-style-type: none"> • Sun protection lotion, gels and creams (GSL)
OTC restrictions⁷	<ul style="list-style-type: none"> • No restrictions

Illness ¹	<p>Mild to moderate hay fever/allergic rhinitis</p> <p>Hay fever is a common allergic condition that affects up to one in five people.</p>
Advice to patients ¹	There is currently no cure for hay fever, but most people with mild to moderate symptoms are able to relieve symptoms with OTC treatments recommended by a pharmacist.
Exceptions ¹	No routine exceptions have been identified. See earlier for general exceptions.
Examples of medicines available to purchase OTC	<ul style="list-style-type: none"> • Chlorphenamine 4mg tablets or 2mg/5ml solution, for example Piriton®, chlorphenamine (generic) (P) • Loratadine 10mg tablets or 5mg/5ml syrup, for example Clarityn® Allergy, loratadine (generic) (GSL/P) • Acrivastine 8mg capsules, for example Benadryl® Allergy Relief, acrivastine (generic) (GSL/P) • Cetirizine 10mg tablets or 5mg/5ml solution, for example cetirizine (generic), Zirtek® Allergy Relief, Piriteze® Allergy (GSL/P) • Fexofenadine 120mg tablets, as Allevia® (GSL) • Beclometasone 0.05% nasal spray, for example Beconase® Hayfever, Boots Hayfever Relief (GSL/P) • Sodium cromoglicate 2% eye drops, for example Allercrom®, Allergy Relief, Aspire Hayfever Relief, Catacrom®, Librachrom®, Opticrom®, Optrex® Hayfever Relief, Sodium cromoglicate (generic) (GSL)
OTC restrictions ⁷	<ul style="list-style-type: none"> • Chlorphenamine - Children under six years (tablets) children under one year (solution); pregnancy and breastfeeding (medical advice needed); kidney or liver impairment (medical advice needed); patients who have taken an MAOI within the past 14 days; fructose intolerance; glucose-galactose malabsorption or sucrose-isomaltase insufficiency • Loratadine – Children under six years with a body weight of more than 30 kg (tablets); children under two years (syrup); pregnancy, breastfeeding; galactose intolerance, the Lapp lactase deficiency or glucose-galactose malabsorption; severe liver impairment (use with caution) • Acrivastine – Children under 12 years; adults over 65 years; pregnancy, breastfeeding; severe renal impairment, galactose intolerance, the Lapp lactase deficiency or glucose-galactose malabsorption • Cetirizine – Children under six years (tablets); children under two years (solution); severe renal impairment less than 10 ml/min creatinine clearance (solution), GFR below 15ml/min (tablet); pregnancy and breastfeeding (use with caution) • Fexofenadine – Children under 12 years; on doctor's advice in the elderly; renal/hepatic impairment; history of/current CVD • Beclomethasone 0.05% nasal spray – Children under 18 years; pregnancy and breastfeeding (medical advice needed); caution with renal impairment, history of glaucoma, nose infection, sinus trouble, recent surgery or injury to nose, ulcers in nose, using or recently used other corticosteroid medicines • Sodium cromoglicate 2% eye drops – Some preparations are not licensed for children under six years; some preparations should not be used continuously for more than 14 days; pregnancy and breastfeeding (use with caution); dry eye syndrome; do not use with soft contact lenses, remove other types of contact lenses before instilling drops

Illness¹	<h2 style="color: #0070C0;">Minor burns and scalds</h2> <p>Burns and scalds are damage to the skin caused by heat. Both are treated in the same way. Depending on how serious a burn is, it is possible to treat burns at home.</p>
Advice to patients¹	Antiseptic creams and treatments for burns should be kept in a medicine cabinet at home.
Exceptions¹	<p>Serious burns always require professional medical attention. Burns requiring hospital A&E treatment include but are not limited to:</p> <ol style="list-style-type: none"> a. All chemical and electrical burns b. Large or deep burns c. Burns that cause white or charred skin d. Burns on the face, hands, arms, feet, legs or genitals that cause blisters.
Examples of medicines available to purchase OTC	<p>Creams /gels/sprays (GSL) for example:</p> <ul style="list-style-type: none"> • Acriflex® 0.25% w/w Cream • Germolene® antiseptic cream or gel • Savlon® antiseptic cream • Sudocrem® First Aid Cream
OTC restrictions⁷	<ul style="list-style-type: none"> • External use only

Illness¹	<p>Minor conditions associated with pain</p> <p>In most cases, headaches, period pain, mild fever and back pain can be treated at home with OTC analgesics and lifestyle changes, such as getting more rest and drinking enough fluids.</p>
Advice to patients¹	Patients should be encouraged to keep a small supply of OTC painkillers in their medicines cabinets at home, so they are able to manage minor ailments at home without the need for a GP appointment.
Exceptions¹	No routine exceptions have been identified. See earlier for general exceptions.
Examples of medicines available to purchase OTC	<ul style="list-style-type: none"> • Ibuprofen tablets/capsules/suspension/gel (GSL x 16 and P x 32) • Ibuprofen gel (5% and 10%) (GSL/P) • Diclofenac gel (1.16% and 2.32%), for example Motsul® Max, Voltarol® Joint and Back Pain Relief (GSL) • Paracetamol tablets/soluble tablets/effervescent tablets/sachets/capsules/oral solution (GSL x 16 and P x 32) • Co-codamol 8/500mg, for example Migraleve® Yellow tablets and Paracodol® (P)
OTC restrictions⁷	<ul style="list-style-type: none"> • Ibuprofen (oral) – Stomach ulcer; perforation or bleeding (active or history of bleeding); children under three months and weighing less than 5kg (oral suspension, some brands may vary), children under 12 years (tablets, capsules); severe renal or hepatic impairment, class IV heart failure, last trimester of pregnancy, avoid use in chickenpox; previous hypersensitivity to aspirin or NSAIDs • Topical ibuprofen – Children under 12 years; pregnancy, breastfeeding; broken/infected/inflamed skin, eczema; patients with asthma, rhinitis or urticaria; hypersensitivity to aspirin, or other NSAIDs; caution with history of/current stomach or duodenal ulcer; history of kidney problems (medical advice needed); excessive exposure to sunlight; review treatment after two weeks • Topical diclofenac – Children under 14 years; last trimester of pregnancy (only use in 1st and 2nd trimesters if clearly necessary); breastfeeding (medical advice needed); hypersensitivity to aspirin, or other NSAIDs; broken/infected/inflamed skin, eczema, use on mucous membranes; caution with history of/current stomach or duodenal ulcer, reduced kidney, liver or heart function; excessive exposure to sunlight; review treatment after one week; consult a doctor if symptoms worsen, or do not improve after three to five days • Paracetamol – Severe renal or severe hepatic impairment (medical advice needed); children under two months, babies born before 37 weeks, babies weighing less than 4kg; children under ten years (tablets & capsules); use with caution in patients with glutathione depletion due to metabolic deficiencies; fructose intolerance (suspensions/soluble tablets); sodium content of soluble/effervescent tablets and sachets if on a low sodium diet • Co-codamol – Children under 12 years; severe kidney and liver disease (medical advice needed); breastfeeding and pregnancy; treatment length limited to three days; head injury; in conditions in which intracranial pressure is increased; acute respiratory depression; obstructive bowel disorders and in patients at risk of paralytic ileus; CYP2D6 ultra-rapid metabolisers

Illness¹	<h2 style="color: #0070C0;">Mouth ulcers</h2> <p>Mouth ulcers are usually harmless and do not need to be treated because most clear up by themselves within a week or two. Mouth ulcers are common and can usually be managed at home, without seeing a dentist or GP.</p>
Advice to patients¹	<p>OTC treatment can help to reduce swelling and ease any discomfort.</p>
Exceptions¹	<p>No routine exceptions have been identified. See earlier for general exceptions.</p>
Examples of medicines available to purchase OTC	<ul style="list-style-type: none"> • Lidocaine hydrochloride/chlorocresol/cetylpyridinium chloride, for example Anbesol® (GSL) • Choline salicylate/cetalkonium chloride, for example Bonjela® (GSL) • Benzocaine, for example Orajel® (GSL)
OTC restrictions⁷	<ul style="list-style-type: none"> • Lidocaine hydrochloride/chlorocresol/cetylpyridinium chloride - Children under 12 years; pregnancy; porphyria • Choline salicylate/cetalkonium chloride - Children under 16 years; active peptic ulceration; pregnancy; hypersensitivity to aspirin, or other NSAIDs • Benzocaine - Children under 12 years; individual with, or family history of, methaemoglobinaemia • Unexplained mouth ulcer of more than three weeks' duration - patients should be referred urgently to a specialist to exclude oral cancer

Illness¹	<h2>Nappy rash</h2> <p>Up to a third of babies and toddlers in nappies have nappy rash at any one time.</p>
Advice to patients¹	Nappy rash can usually be treated at home using a barrier cream. Nappy rash usually clears up after about three days if recommended hygiene tips are followed.
Exceptions¹	No routine exceptions have been identified. See earlier for general exceptions.
Examples of medicines available to purchase OTC	<ul style="list-style-type: none"> • Titanium dioxide, titanium peroxide, titanium salicylate, for example Metanium® (GSL) • Zinc oxide, benzyl alcohol, benzyl benzoate, lanolin, for example Sudocrem® (GSL)
OTC restrictions⁷	<ul style="list-style-type: none"> • For external use only

Illness¹	<p>Oral thrush</p> <p>Oral thrush is a minor condition that can be treated without the need for a GP consultation or prescription in the first instance. It is common in babies and older people with dentures or those using steroid inhalers.</p>
Advice to patients¹	It can easily be treated with OTC gel.
Exceptions¹	No routine exceptions have been identified. See earlier for general exceptions.
Examples of medicines available to purchase OTC	<ul style="list-style-type: none"> • Miconazole 2% oral gel (15g) , for example Daktarin® oral gel (P)
OTC restrictions⁷	<ul style="list-style-type: none"> • Children under four months, or whose swallowing reflex is not yet sufficiently developed • Caution in infants who are pre-term or have slow neuromuscular development, do not use for first five to six months of life • Pregnancy – avoid use if possible, breastfeeding – caution advised • Liver dysfunction • Coadministration of drugs metabolised by CYP3A4 e.g. astemizole, cisapride, dofetilide, mizolastine, pimozone, quinidine, sertindole, terfenadine, ergot alkaloids, HMG-CoA reductase inhibitors, triazolam, oral midazolam

Illness¹	<p>Prevention of dental caries (dental decay)</p> <p>The dentist may advise on using higher-strength fluoride toothpaste if a patient is particularly at risk of tooth decay.</p>
Advice to patients¹	High-strength fluoride toothpastes and mouthwashes can be purchased OTC. Prescription only preparations can be prescribed by a dentist.
Exceptions¹	No routine exceptions have been identified. See earlier for general exceptions.
Examples of medicines available to purchase OTC	<ul style="list-style-type: none"> • Mouthwashes, sprays and gels – chlorhexidine digluconate, for example Corsodyl® (GSL) • Fluoride toothpastes (GSL)
OTC restrictions⁷	<ul style="list-style-type: none"> • Children under 12 years (chlorhexidine)

Illness¹	<h2 style="color: #0070C0;">Ringworm/athletes foot</h2> <p>Ringworm is a common fungal infection that can cause a red or silvery ring-like rash on the skin. Despite its name, ringworm doesn't have anything to do with worms.</p> <p>Athlete's foot is a rash caused by a fungus that usually appears between the toes.</p>
Advice to patients¹	<p>These fungal infections, medically known as "tinea", are not serious and are usually easily treated with OTC treatments. However, they are contagious and easily spread so it is important to practice good foot hygiene.</p>
Exceptions¹	<p>Lymphoedema or history of lower limb cellulitis.</p>
Examples of medicines available to purchase OTC	<ul style="list-style-type: none"> • Miconazole 2% cream/powder, 0.16% powder spray, for example Daktarin® (P), Daktarin® Powder (P) and Daktarin® Aktiv (GSL) • Ketoconazole 2% cream, for example Daktarin® Intensiv (GSL), Daktarin® Gold (P) • Terbinafine hydrochloride 1%, for example Lamisil® AT cream, Boots Athlete's Foot Cream (GSL)
OTC restrictions⁷	<ul style="list-style-type: none"> • Miconazole – Use with caution in pregnancy and breastfeeding • Ketoconazole – Children under 18 years • Terbinafine hydrochloride – Children under 16 years; pregnancy, breastfeeding

Illness¹	Teething/mild toothache
	Teething can be distressing for some babies, but there are ways to make it easier for them. Toothache can come and go or be constant. Eating or drinking can make the pain worse, particularly if the food or drink is hot or cold.
Advice to patients¹	Teething gels often contain a mild local anaesthetic, which helps to numb any pain or discomfort caused by teething and these can be purchased from a pharmacy. If the baby is in pain or has a mild raised temperature (less than 38°C) then paracetamol or ibuprofen suspension can be given. Mild toothache in adults can also be treated with OTC painkillers.
Exceptions¹	No routine exceptions have been identified. See earlier for general exceptions.
Examples of medicines available to purchase OTC	<ul style="list-style-type: none"> • Ibuprofen tablets, capsules and suspension (GSL x 16) and suspension (P x 32) • Paracetamol tablets/soluble tablets/effervescent tablets/sachets/capsules/suspension (GSL x 16) and (P x 32) • Teething gel, for example Bonjela® Soothing Teething Gel, Dentinox® teething gel (GSL)
OTC restrictions⁷	<ul style="list-style-type: none"> • Ibuprofen (oral) – Stomach ulcer, perforation or bleeding (active or history of), children under three months and weighing less than 5kg (oral suspension, some brands may vary), children under 12 years (tablets, capsules; severe renal or hepatic impairment, class IV heart failure, last trimester of pregnancy, avoid use in chickenpox; previous hypersensitivity to aspirin or NSAIDs) • Paracetamol – Severe renal or severe hepatic impairment (medical advice needed); children under two months, babies born before 37 weeks, babies weighing less than 4kg, children under ten years (tablets & capsules); use with caution in patients with glutathione depletion due to metabolic deficiencies; fructose intolerance (suspensions/soluble tablets); sodium content of soluble/effervescent tablets and sachets • Bonjela® - Babies under six months (Bonjela® Soothing Teething Gel), babies under five months (Dentinox®), fructose intolerance (Dentinox®); treatment needed for more than seven days (Dentinox®)

Illness¹	<h2 style="color: #0070C0;">Threadworms</h2> <p>Threadworms (pinworms) are tiny worms that pass in the stools. They are common in children and can be spread easily. They can be effectively treated without the need to visit the GP.</p>
Advice to patients¹	<p>Treatment for threadworms can easily be bought from pharmacies. This is usually a chewable tablet or liquid formulation. Strict hygiene measures can also help clear up a threadworm infection and reduce the likelihood of reinfection.</p> <p>Everyone in the household will require treatment, even if they do not have symptoms.</p>
Exceptions¹	<p>No routine exceptions have been identified. See earlier for general exceptions.</p>
Examples of medicines available to purchase OTC	<ul style="list-style-type: none"> • Mebendazole 100mg tablets, for example Boots Threadworm Tablets 2 years Plus, Ovex® (P) • Ovex® available as a family pack or individual pack
OTC restrictions⁷	<ul style="list-style-type: none"> • Children under two years • Pregnancy • Breastfeeding – caution needed

Illness¹	<p>Travel sickness</p> <p>Mild motion sickness can be treated by various self care measures (e.g. staring at a fixed object, getting some fresh air, listening to music etc.).</p>
Advice to patients¹	Severe motion sickness can be treated with OTC medicines.
Exceptions¹	No routine exceptions have been identified. See earlier for general exceptions.
Examples of medicines available to purchase OTC	<ul style="list-style-type: none"> • Cinnarizine tablets 15mg, for example cinnarizine (generic), Stugeron™ (P) • Hyoscine hydrobromide Tablets 150mcg, for example Joyrides®, Kwells®, Kwells® Kids (P)
OTC restrictions⁷	<ul style="list-style-type: none"> • Cinnarizine - Parkinson's disease (only use if the advantages outweigh possible risk of disease aggravation); fructose or galactose intolerance, Lapp lactase deficiency, glucose-galactose malabsorption or sucrase-isomaltase insufficiency; porphyria (avoid use), children under five years, pregnancy, breastfeeding • Hyoscine hydrobromide - Children under three years (Joyrides®), under four years (Kwells®); epilepsy (use with caution, increased seizure frequency possible); glaucoma, pregnancy (avoid use in first trimester), breastfeeding (caution advised), paralytic ileus, pyloric stenosis, prostatic enlargement; myasthenia gravis

Illness¹	<h2 style="color: #0070C0;">Warts and verrucae</h2> <p>Most people will have warts at some point in their life.</p>
Advice to patients¹	<p>They are generally harmless and tend to go away on their own eventually.</p> <p>Several treatments can be purchased from a pharmacy to get rid of warts and verrucae more quickly if patients require treatment.</p>
Exceptions¹	<p>No routine exceptions have been identified. See earlier for general exceptions.</p>
Examples of medicines available to purchase OTC	<ul style="list-style-type: none"> • Verruca gel - Salicyclic acid, lactic acid, for example Bazuka® Extra Strength Gel, Bazuka® Gel (P), Bazuka® Treatment Gel and Bazuka® Extra Strength Treatment Gel (GSL) • Wart paint/ointment - Salicyclic acid, lactic acid, for example Salactol Colloidon®, Occlusal®, Salatac® (P) • Wart freeze treatments, for example Scholl® Freeze and Bazuka® Sub-Zero (GSL)
OTC restrictions⁷	<ul style="list-style-type: none"> • Diabetes patients • Face, neck, ano-genital area (verruca gels and wart paints) • Face, armpits, breasts, ano-genital area (wart freeze treatments) • Moles, birthmarks, hairy warts or skin lesions and inflamed/broken skin • Impaired peripheral blood circulation • Children under four years - Scholl® Freeze and Bazuka® Sub-zero • Children under two years - Bazuka® Treatment Gel, Bazula® Extra Strength Treatment Gel

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Acknowledgements

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Additional PrescQIPP resources

Bulletin and additional OTC items resources	https://www.prescqipp.info/our-resources/bulletins/bulletin-320-over-the-counter-items
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