

DDICB - Self Limiting Conditions table

Condition	Example products (not exhaustive)	Specific exceptions to OTC sales	Advice
Acne (mild)	Benzoyl peroxide creams and gels: Acneside	Children under 12 years	Seek advice if signs of infection are present
Burns and scalds (minor)	Antiseptic creams: Savlon Acriflex cream Analgesics	Children under 10 years	Patient information leaflet: Minor Burns and Scalds
Cold sores of the lip (infrequent)	Aciclovir cream Zovirax cold sore cream	Immunocompromised patients	Seek advice if symptoms do not clear up within 10 days Patient information leaflet: Cold Sores
Colic (infant)	Simeticone: Infacol liquid Dentinox Infant Colic Drops Colief drops (lactose-free)	If symptoms continue after 4 months of age If causing distress to infant/parent Faltering growth	Patient information leaflet: Infant Colic
Conjunctivitis (also see hay fever)	Chloramphenicol eye drops Chloramphenicol eye ointment	Children under 2 years	Severe bacterial conjunctivitis – 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 anti-allergy medications such as antihistamines. The substance that caused the allergy should be avoided Patient information leaflet: Conjunctivitis

DDICB - Self Limiting Conditions table

Constipation (infrequent)	Liquids, sachets, tablets, & capsules: Senokot (Senna) DulcoEase (docusate) DulcoLax (bisacodyl) Lactulose Movicol (macrogol) Fybogel Hi-Fibre (ispaghula)	Laxatives are not recommended for children unless they are prescribed by a GP	Patient information leaflet: Constipation
Coughs, colds, and nasal congestion	Simple linctus Pseudoephedrine nasal sprays and oral preparations: Sudafed Xylometazoline nasal spray and drops: Otrivine NeilMed Sinus Rinse Analgesics	Simple linctus – children under 12 years Pseudoephedrine products – children under 12 years Xylometazoline products - children under 12 years	Seek advice if symptoms have not improved within 3 weeks Patient information leaflet: Colds and Nasal Congestion
Cradle cap	Olive oil Cradle cap shampoos: Dentinox Cradle Cap shampoo	If causing distress to infant and not improving	Patient information leaflet: Cradle Cap
Cystitis (mild)	Potassium citrate mixture or sachets: Cystopurin Cranberry products	Men Children	Seek advice if symptoms have not improved within in 3 days despite self-care measures Patient information leaflet: Mild Cystitis
Dandruff (mild)	Shampoos including antifungal, antiseptic, selenium, and coal tar: T Gel Nizoral Head & Shoulders		Patients should be encouraged to manage mild dandruff with long term over the counter treatments Patient information leaflet: Dandruff

DDICB - Self Limiting Conditions table

Dental products	Mouthwashes Toothpastes (high fluoride content): Duraphat	Duraphat 2800 ppm – Children under 10 years Duraphat 5000 ppm – Children under 16 years	Derbyshire JAPC: Fluoride mouthwash, oral drops, tablets, and toothpaste should only be prescribed on a FP10D form by specialist dental services only
Dermatitis (mild irritant)	Emollient creams, ointments, and lotions: E45 Oilatum Diprobase Mild corticosteroid creams: Hydrocortisone	Exceptions for hydrocortisone cream: <ul style="list-style-type: none">• Children under 10 years• Pregnant women• When required for use on the face, anogenital region, broken or infected skin (including cold sores, acne, and athlete's foot)	Avoid the allergen or irritant as much as possible
Diarrhoea (adults)	Loperamide Imodium Oral rehydration sachets: Dioralyte	Loperamide – Children under 12 years	Seek advice if symptoms have not improved within 7 days Patient information leaflet: Diarrhoea (Adults)
Dry / sore / tired eyes	Eye drops, gels, sprays: Hypromellose eye drops Carbomer 980 gel Optrex Actimist spray Hydramed drops Hyloforte	Sjögren's syndrome	Refer to the dry eye prescribing position statement Encourage self-care measures such as good eyelid hygiene and avoidance of environmental factors Patient information leaflet: Dry Eyes
Dry skin (mild)	Emollient creams, ointments, and lotions: E45 Oilatum Diprobase		Advise patients using paraffin containing emollients to keep away from naked flames due to fire hazard
Earwax	Olive oil ear drops Sodium bicarbonate ear drops	OTC products under 5 years	Seek advice and support from an earwax removal expert if symptoms haven't cleared after 5 days or hearing is impaired

DDICB - Self Limiting Conditions table

			Patient information leaflet: Earwax
Haemorrhoids	<p>Creams, ointments, wipes, and suppositories: Preparation H Anusol / Anusol HC Germoloids / Germoloids HC</p>	<p>Anusol – children under 18 years Anusol HC – children under 18 years, pregnant or breast feeding, broken, bleeding skin</p> <p>Germoloids – children under 12 years Germoloids HC – children under 16 years, pregnant or breast feeding, broken, bleeding skin</p>	<p>Seek advice if no improvement after 7 days despite self-care measures</p> <p>Patient information leaflet: Haemorrhoids</p>
Hayfever and seasonal rhinitis (mild to moderate)	<p>Antihistamines – tablets, liquids Chlorphenamine Cetirizine Loratadine Fexofenadine (120mg) Acrivastine</p> <p>Nasal sprays: Beconase</p> <p>Eye drops: Optrex</p>	<p>Liquids: Chlorphenamine – children under 1 year Cetirizine & loratadine – children under 2 years</p> <p>Nasal sprays: Children under 6 years</p> <p>Eye drops: Children under 6 years</p>	<p>Advise patients to look for generic products as often significantly cheaper</p> <p>Patient information leaflet: Hayfever</p>
Head lice	<p>Shampoos, lotions, gels, sprays, and rinses: Lyclear (permethrin) Hedrin (dimeticone) Derbac-M (malathion), Full Marks (cyclomethicone) Pesticide free products: Vamousse</p>	<p>Children under 6 months of age</p>	<p>Advice regular wet combing with condition is much cheaper and effective</p> <p>Patient information leaflet: Head Lice</p>
Heartburn and indigestion	<p>Liquids, chewable tablets, sachets: Peptac Gaviscon</p>	<p>Children under 11 years</p>	<p>Seek advice if OTC products do not improve symptoms</p>

DDICB - Self Limiting Conditions table

Derby and Derbyshire
Integrated Care Board

	Rennie		Patient information leaflet: Heartburn & Indigestion
Insect bites and stings	Antihistamines - oral and topical preparations Calamine lotion Anthisan cream Topical corticosteroids	Exceptions for hydrocortisone cream: <ul style="list-style-type: none"> • Children under 10 years • Pregnant women • When required for use on the face, anogenital region, broken or infected skin (including cold sores, acne, and athlete's foot) 	Seek advice if signs of infection are present / anaphylaxis Patient information leaflet: Insect Bites and Stings
Migraine (infrequent)	Analgesics Migravele Imigran (sumatriptan)	Children under 12 years	Seek advice for severe or recurrent migraines Patient information leaflet: Headaches and Migraines
Mouth ulcers	Local anaesthetic gels Bonjela & Bonjela Junior Hydrocortisone buccal tablets	Hydrocortisone buccal tablets – children under 12 years Bonjela Junior gel – children under 5 months	Seek advice if a mouth ulcer lasts longer than 3 weeks Patient information leaflet: Mouth Ulcers
Nappy rash	Barrier preparations: Sudocrem Metanium		Seek advice if doesn't resolve after 7 days Patient information leaflet: Nappy Rash
Oral thrush	Daktarin oral gel	Infants under 4 months old	Seek advice if not resolved after 1 week Patient information leaflet: Oral Thrush
Pain, discomfort and / or fever associated with minor conditions (e.g., aches and sprains, headaches, period pain, back pain)	Analgesics NSAIDs Topical anti-inflammatory preparations Heat/Cold pads	Topical anti-inflammatories: Ibuprofen gel – children under 12 years Algesal – children under 6 years Aspirin – children under 16 years	
Ringworm and athlete's foot	Sprays, creams, and powders containing antifungals: Daktarin (miconazole)	Lymphoedema or history of lower limb cellulitis	Seek advice after 1 month if not improved Patient information leaflet: Athlete's Foot

DDICB - Self Limiting Conditions table

	Canesten (clotrimazole) Lamisil (terbinafine) Antifungal + steroid: Daktacort Canesten HC	Steroid containing products – children under 10 years	
Sore throat (acute)	Sore throat lozenges and sprays		<p>Little evidence of the benefit of sore throat sprays and lozenges</p> <p>Advise patients to take simple painkillers and gargle with warm salty water</p> <p>Patient information leaflet: Sore Throat</p>
Sunburn due to excessive sun exposure	Emollients Oral and topical antihistamines Analgesics		<p>Seek advice if skin is blistering or signs of heat stroke</p> <p>Patient information leaflet: Sun Protection and Sunburn</p>
Sun protection	Sun creams: Uvistat Sunsense	ACBS approved indication of protection from UV radiation in abnormal cutaneous photosensitivity (i.e., where skin protection should be prescribed)	Patient information leaflet: Sun Protection and Sunburn
Sweating (excessive)	Aluminium chloride 20% solutions: Driclor Anhydrol Forte		<p>Seek advice if excessive sweating is persistent for 6 months, impacting quality of life, and / or experiencing night sweats</p> <p>Patient information leaflet: Excessive Sweating</p>
Teething and toothache (mild)	Teething gels: Bonjela Teetha Paracetamol Ibuprofen		<p>Seek advice from a dentist if toothache persists for more than 2 days</p> <p>Patient information leaflet: Toothache and Dental Pain</p>
Threadworms	Chewable tablets or liquid:	Children under 2 years	Ensure whole household is treated

DDICB - Self Limiting Conditions table

Derby and Derbyshire
Integrated Care Board

	Overex (mebendazole)		
Travel sickness	Tablets: Stugeron (cinnarizine) Kwells & Kwells Kids (hyoscine)	Children under 5 years	Patient information leaflet: Travel Sickness
Warts and verrucae	Salicyclic acid containing products: Bazuka Salactol Duofilm Glutaraldehyde	When required for on or near the face, neck, armpits, breasts, areas of folded skin, or anogenital areas Salicyclic acid – children under 2 years	