

Table 1. Examples of medicines that can be purchased over-the-counter for the treatment of self-limiting conditions and those conditions deemed suitable for self-care. (Note: this list and examples given are not exhaustive. For further detail please refer to Bulletin 227 GP guide to self care over the counter items PrescQIPP in references/resources section).

Self-limiting Conditions		
Condition	Example products (not exhaustive)	Specific Exceptions (for general exceptions see above)
Acute sore throat	Sore throat lozenges and sprays	
Infrequent cold sores of the lip	Aciclovir cream Zovirax cold sore cream	Immunocompromised patients
Conjunctivitis (also see hay fever below)	Chloramphenicol eye drops or ointment	Children patient under 2 years of age
	Sodium cromoglicate eye drops Otrivine-antistin eye drops	
Coughs, colds and nasal congestion	Simple linctus, pholcodine linctus Pseudoephedrine nasal sprays and oral preparations Xylometazoline and ephedrine nasal sprays and drops	
Cradle cap	Olive oil, cradle cap shampoos	If causing distress to the infant and not improving
Haemorrhoids	Anusol cream, ointment or suppositories	
	Anusol HC cream, ointment, suppositories	Patient less than 18 years of age
Infant colic	Simeticone liquid Dimeticone liquid	
	Colief liquid	<u>Confirmed</u> lactose intolerance only
Mild cystitis	Potassium citrate mixture or sachets Cranberry products	

Minor conditions suitable for self-care		
Condition	Example products (not exhaustive)	Specific Exceptions (for general exceptions see above)
Mild irritant dermatitis	Emollient creams and lotions	
	Mild corticosteroid creams (e.g. 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).

Dandruff (mild scaling of the scalp without itching)	Shampoos including antifungal, antiseptic, selenium and coal tar	
Diarrhoea (adults)	Loperamide Oral rehydration sachets	Children
Dry eyes/sore tired eyes	Hypromellose eye drops, carbomer 980 gel	
Earwax	Olive Oil, sodium bicarbonate ear drops	
Excessive sweating (hyperhidrosis)	Aluminium chloride 20% solutions (e.g. Driclor, Anhydrol Forte)	
Head lice	Dimeticone, malathion, cyclomethicone, permethrin shampoos and liquids	Children under 6 months of age
Indigestion and heartburn	Peptac, Gaviscon	
Infrequent constipation	Senna, lactulose, macrogol sachets	Children where dietary and lifestyle changes have not been sufficient MHRA drug safety August 2020
Infrequent migraine	Analgesics, migravele, triptans	Patients with severe or recurrent migraines.
Insect bites and stings	Antihistamine oral and topical preparations, calamine lotion	
	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).
Mild Acne	Benzoyl peroxide creams and gels	
Mild dry skin	Emollient creams and lotions	
Sunburn due to excessive sun exposure	Emollients, oral and topical antihistamines, analgesics	
Sun protection	Sun creams such as Uvistat, Sunsense, etc.	ACBS approved indication of protection from UV radiation in abnormal cutaneous photosensitivity. (i.e. where skin protection should be prescribed)
Mild to moderate hay fever/seasonal rhinitis	Antihistamines, nasal sprays, eye drops	
Minor burns and scalds	Antiseptic creams, analgesics	More serious burns always require professional medical attention. Burns requiring hospital A&E treatment include but are not limited to: <ul style="list-style-type: none"> • all chemical and electrical burns; • large or deep burns; • burns that cause white or charred skin; • burns on the face, hands, arms, feet, legs or genitals that cause

		blisters.
Minor conditions associated with pain, discomfort and/or fever (e.g. aches and sprains, headache, period pain, back pain)	Analgesics, NSAIDs, topical anti-inflammatory preparations	
Mouth ulcers	Local anaesthetic gels, hydrocortisone buccal tablets	Exceptions for hydrocortisone buccal tablets: <ul style="list-style-type: none"> children under 12 years of age
Nappy rash	Barrier preparations such as Sudocrem, metanium	
Oral thrush	Daktarin oral gel, nystatin oral suspension	Infants less than 4 months old (Note that Daktarin oral gel is only licensed for 4 months and older. Nystatin is POM so will need a prescription if required.)
Dental products	Mouthwashes Toothpaste	
Ringworm/athlete's foot	Topical preparations containing miconazole, clotrimazole etc.	Lymphoedema or history of lower limb cellulitis
Teething/mild toothache	Teething gels, paracetamol, ibuprofen	
Threadworms	Mebendazole	Children under 2 years of age. Not licensed for OTC sale.
Travel sickness	Cinnarizine, hyoscine	
Warts and verrucae	Salicylic acid containing products, glutaraldehyde	Treatment of anogenital warts

Table 2. Examples of medicines that have little evidence of benefit. (Note: this list and examples given are not exhaustive. For further detail please refer to Bulletin 227 GP guide to self care over the counter items PrescQIPP in references/resources section).

Product category	Example products (not exhaustive)	Specific Exceptions (for general exceptions see above)
Probiotics	VSL#3, lactobacillus, acidophilus	No routine exceptions have been identified.
Vitamins and minerals	Pharmacy own brands of vitamins/multivitamins (i.e. Boots, Lloyds, Superdrug, Valupak), Haliborange, Sanatogen, Fruitivits Sachets, Spatone, Seven Seas, Lamb, Vita E, Osteocaps, Osteocare, Redoxon, Centrum,	<p>Vitamin D (high strength) for proven vitamin D deficiency. Calcium and vitamin D for osteoporosis or osteopenia. Vitamin D for patients with hyperparathyroidism, hypercalcaemia and patients receiving parenteral osteoporosis treatment as per the JAPC position statement on self-care with vitamin D*.</p> <p><i>NB maintenance or preventative treatment is not an exception.</i></p> <p>Vitamin B12 deficiency.</p> <p>Post bariatric surgery – only as specified in the JAPC guideline on monitoring and medication after bariatric surgery.</p> <p>Vitamin supplements for premature and low birth weight babies as advised by hospital.</p> <p><i>Patients suitable to receive Healthy start vitamins for pregnancy or children between the ages 6 months to their fourth birthday. (NB this is not on prescription but commissioned separately)</i></p>