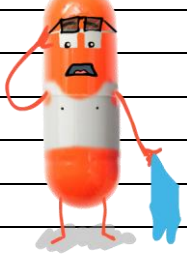

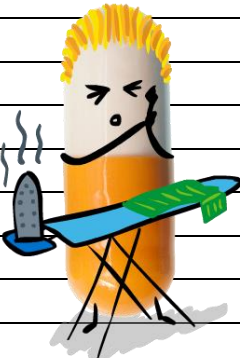


Receptionist checklist

NHS England has published guidance to primary care prescribers to **not** routinely prescribe over the counter medicines for common conditions.

Please signpost patients to purchase over the counter medicines and seek help from their pharmacist for the conditions or treatments listed below.

Probiotics	Infrequent migraines		
Vitamins and minerals	Insect bites and stings		
Acute sore throat	Mild acne		
Infrequent cold sores of the lip	Mild dry skin		
Conjunctivitis	Sunburn		
Coughs and colds and nasal congestion	Sun protection		
Cradle cap	Mild to moderate hay fever/Seasonal rhinitis		
Haemorrhoids	Minor burns and scalds		
Infant colic	Minor conditions associated with pain, discomfort and fever (e.g. aches and sprains, headache, period pain, back pain)		
Mild cystitis			
Mild dermatitis	Mouth ulcers		
Dandruff	Nappy rash		
Diarrhoea (adults only)	Oral thrush		
Dry eyes/sore (tired) eyes	Prevention of dental decay		
Earwax	Ringworm/athletes foot		
Excessive sweating (Hyperhidrosis)	Teething/mild toothache		
Head lice	Threadworms		
Indigestion and heartburn	Travel sickness		
Infrequent constipation	Warts and verrucae		

What are the benefits of using pharmacies?

- It prevents unnecessary GP appointments for common conditions.
- Access to pharmacies is easier and sometimes quicker than waiting for a GP appointment.
- Pharmacies are open out of hours, like late nights and at the weekend, which is convenient for people who work or when the GP practice is closed.



Choose self care