

Changes to prescriptions for minor health conditions

Following an extensive public consultation exercise, by NHS England, medicines which are available to buy in a pharmacy or supermarket (over the counter) will no longer be routinely prescribed for minor illnesses.

You can buy over the counter medicines (OTC) for any of these conditions:

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

For information on how these conditions are treated, [look up your condition here](#).

Why is it changing?

The NHS has been spending around £136 million a year on prescriptions for medicines that can be bought over the counter, such as paracetamol and medicines to treat hay fever. By reducing the amount it spends on OTC medicines, the NHS can give priority to treatments for people with more serious conditions, such as cancer, diabetes and mental health problems.

How your local pharmacy team can help you?

Pharmacists can give clinical advice and help you choose the most appropriate treatment. If your symptoms suggest it's more serious, they'll ensure you get the care you need.

What if my symptoms don't improve?

Your local pharmacy team can tell you how long to expect the symptoms of your condition to last. If they haven't improved after this time or you start to feel a lot worse, you should:

- Go back to the pharmacy for further advice
- Call NHS 111
- Contact your GP

More information on [self-care](#) is available on Nene CCG's website.