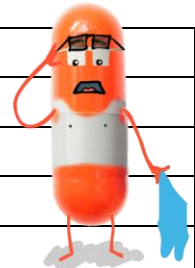


## Receptionist checklist

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.**

Acne	Head lice
Athletes foot	Indigestion and heartburn
Burns and scalds	Infant colic
Cold sores	Insect bites and stings
Conjunctivitis	Migraines
Constipation	Mouth ulcers
Coughs, colds and nasal congestion	Nappy rash
Cradle cap	Oral thrush
Cystitis	Pain and fever
Dandruff	Prevention of dental decay
Dermatitis	Ringworm
Diarrhoea (adults only)	Sore throat
Dry eyes/sore (tired) eyes	Sun protection
Dry skin	Sunburn
Earwax	Teething/toothache
Excessive sweating	Threadworms
Haemorrhoids	Travel sickness
Hayfever/Seasonal rhinitis	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

Reference: NHS England, Conditions for which over the counter items should not routinely be prescribed in primary care: A Consultation on guidance for CCGs. March 2018.

<https://www.england.nhs.uk/publication/conditions-for-which-over-the-counter-items-should-not-routinely-be-prescribed-in-primary-care-guidance-for-ccgs/>