



Referral to your Local Pharmacy for Common Conditions which Over the Counter (OTC) Items can be purchased

You do not need to make an appointment to speak to the pharmacist, just pop in anytime and they will be happy to help you. Ask the pharmacist for help and advice on the most appropriate medication to relieve your symptoms for:

Acute Sore Throat	Cold Sores
Conjunctivitis	Cough, Colds, Nasal Congestion
Cradle cap	Haemorrhoids
Infant Colic	Mild Cystitis
Contact Dermatitis	Dandruff
Diarrhoea (Adults)	Dry/ Sore (Tired) Eyes
Ear Wax	Excessive sweating
Head Lice	Indigestion and Heartburn
Infrequent Constipation	Infrequent Migraines
Insect bites and stings	Mild Acne
Mild Dry Skin	Hayfever / Seasonal Rhinitis
Minor burns and scalds	Minor Pain, discomfort and/ fever (aches, sprains etc)
Mouth Ulcers / Oral Thrush	Nappy Rash
Prevention of dental caries	Ringworm / Athletes Foot
Sunburn / Sun Protection	Teething / Mild Toothache
Threadworms	Travel Sickness
Warts and Verrucae	Vitamins & Probiotics

If at any time you are concerned about your condition or if your symptoms are not improving after a few days of treatment with the over the counter medications you should contact the local pharmacist or the surgery for more advice.

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