

SELF-CARE AND MEDICINES AVAILABLE OVER THE COUNTER (OTC)

Analgesia and Laxatives	<ul style="list-style-type: none"> • Encourage self-care for all self-limiting acute conditions. • Do not prescribe short courses for acute common ailments in adults. • Advise patients to purchase suitable products. • Community pharmacists can support patients to manage these conditions themselves. • Paracetamol may be purchased in quantities up to 32 from many retail outlets and up to 100 can be bought from pharmacies at a pharmacist’s discretion. Retail prices are lower than prices paid by the NHS. • Continue to prescribe for children and when required for chronic conditions
Hayfever	<ul style="list-style-type: none"> • Self-care and self-help tips available via the NHS website: https://www.nhs.uk/conditions/hay-fever/ • Patients should seek advice from a community pharmacist. • Antihistamine tablets, eye drops & nasal sprays; steroid nasal sprays and sodium cromoglycate eye drops are all available to purchase at less than a prescription charge.
First Aid on Holiday	<ul style="list-style-type: none"> • Advise patients to purchase medicines that they may need in case of minor illness while on holiday. • If products only available on prescription are required/requested, signpost to a private provider – some community pharmacies offer this service.
Postponement of Menstruation	<ul style="list-style-type: none"> • When required for non-medical reasons do not prescribe on NHS • Signpost to a private provider – some community pharmacies offer this service
Sunscreen	<ul style="list-style-type: none"> • Only prescribe on NHS for patients meeting ACBS criteria: “Protection from UV radiation in abnormal cutaneous photosensitivity.” • ACBS products listed for prescription include Sunsense Ultra SPF 50, Uvistat Suncream SPF30 & SPF 50, Uvistat Lipscreen SPF50
Travel Vaccination	<ul style="list-style-type: none"> • Certain vaccines are not provided by the NHS including: Japanese encephalitis, Tick-borne encephalitis, Rabies and Yellow Fever • Signpost to a private provider / travel clinic for all travel vaccines not provided by the NHS
Malaria Prophylaxis	<ul style="list-style-type: none"> • Not provided by the NHS. • Signpost to a private provider / travel clinic – some community pharmacies offer this service
NHS Patients Travelling Abroad	<ul style="list-style-type: none"> • Advise patient to check NHS website for complete travel guidance: https://www.nhs.uk/using-the-nhs/healthcare-abroad/ • When asked to prescribe larger quantities of medicines than usual for a patient travelling abroad, prescribers should consider the safety and wellbeing of patients as first priority. • Patients should be encouraged to access healthcare in their destination if they will be abroad permanently or for extended stays.

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