

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

Analgesia and Laxatives	<ul style="list-style-type: none"> 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 and up to 100 are available at a pharmacist's discretion. It is available at less cost to purchase than it costs the NHS. Encourage self-care for all self-limiting acute conditions. Continue to prescribe for children and when required for chronic conditions.
Hayfever	<p>Self-care: self-help tips available at NHS choices: http://www.nhs.uk/Conditions/Pages/BodyMap.aspx?Index=H</p> <ul style="list-style-type: none"> 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 only available on prescription 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." Preparations with SPF less than 30 should not normally be prescribed
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 prescribable on the NHS
Malaria prophylaxis	<ul style="list-style-type: none"> Not provided by the NHS. Advise patients to seek advice and purchase suitable products from a pharmacy. Signpost to a private provider / travel clinic – some community pharmacies offer this service
NHS patients travelling abroad	<p>Advise patient to check NHS website for complete travel guidance: https://www.nhs.uk/using-the-nhs/healthcare-abroad/</p> <p>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.</p>