

Over the Counter (OTC) Medicines: that can be purchased from a pharmacy or supermarket are known as OTCs. Following public consultation carried out by NHS England prescribing of these over the counter medicines is changing.

Your GP or nurse will not generally give you a prescription for over the counter medicines for a range of short-term, minor health concerns. The team of qualified healthcare professionals at your local pharmacy can offer clinical advice to safely and effectively manage minor health concerns. **This includes:**

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

However, you may still be prescribed a medicine for a condition on the list if:

- You need treatment for a long term condition e.g. regular pain relief for chronic arthritis or inflammatory bowel disease.
- You need treatment for more complex forms of minor illnesses e.g. migraines that are very bad and where over the counter medicines do not work
- You need over the counter medicine to treat a side effect of a prescription medicine or symptom of another illness, e.g. constipation when taking certain painkillers
- The medicine has a licence which doesn't allow the product to be sold over the counter to certain groups of patients. This could include babies, children or women who are pregnant or breast feeding
- The person prescribing thinks that a patient cannot treat themselves, for example because of mental health problems or severe social vulnerability.

The reasons vary for each condition. Your GP or nurse will speak to you if this affects you.

For more information and support visit the NHS website, [nhs.uk/OTCmedicines](https://www.nhs.uk/OTCmedicines)