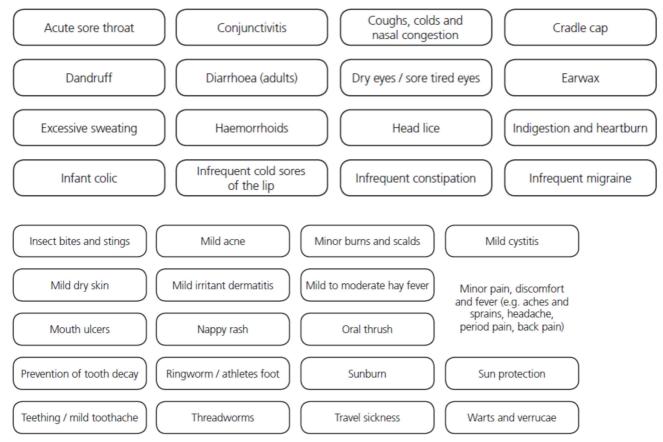
**Over the Counter (OTC) Medicines**: that can be purchased from a pharmacy or supermarket are known as OTCs. Following public consultation carried out by NHS England prescribing of these over the counter medicines is changing.

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:** 



## 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 to 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 sever 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