

You have a common condition that can be treated with a medication that is available to buy over the counter from your local pharmacy. You do not need to make an appointment to speak to the

pharmacy team, just pop in anytime and they will be happy to assist you. Ask the pharmacist for help and advice on the most appropriate medication to relieve your symptoms for:

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|---------------------------|--------------------------------|
| Acute sore throat | Insect bites and stings |
| Cold sore | Mild acne |
| Conjunctivitis | Mild dry skin |
| Coughs and cold | Sunburn (and sun protection) |
| Cradle cap | Mild hayfever |
| Haemorrhoids | Minor burn or scald |
| Infant colic | Pain and/or fever |
| Mild cystitis | Mouth ulcer |
| Mild dermatitis | Nappy rash |
| Dandruff | Oral thrush |
| Diarrhoea (adults only) | Ringworm or athlete's foot |
| Dry or sore eyes | Teething or mild toothache |
| Earwax | Threadworms |
| Excessive sweating | Travel sickness |
| Head lice | Warts and verrucae |
| Indigestion and heartburn | Other - please indicate |
| Infrequent constipation | |
| Infrequent migraine | |

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 pharmacy or ring 111. For more information visit www.prescriptionchanges.co.uk

Dear Patient,

Self-care means looking after yourself in a healthy way, whether it is eating healthily, taking medicine when you have a cold, or doing some exercise.

This GP practice is supporting self-care and has been reviewing its prescribing of self-care products.

By reducing the amount the NHS spends on treating minor health conditions like cold viruses and upset stomachs, the NHS can give priority to treatments for patients with more serious conditions.

Your pharmacy team can help you to stock up your medicine cabinet with remedies for minor health conditions such as hay fever and allergies, coughs and colds, constipation, diarrhoea and sore throats, amongst others.

Many of the products used to treat these minor health conditions are low cost and readily available from pharmacies, along with advice. Some self-care medicines are available in shops and supermarkets.

Pharmacy teams have the knowledge and skills to help with many minor health conditions and you don't need an appointment.

We would encourage you to visit your pharmacy in the future if you require advice and treatment for a minor health condition. The pharmacy team can advise on how long you can expect to experience symptoms for the conditions and they are also trained to signpost you to the right medical care if you have something more serious.

By keeping certain useful medicines at home you can treat common conditions immediately and you won't need to see your GP. The medicines you may want to keep at home could include:

- Paracetamol and aspirin, and equivalent syrups (such as Calpol) for children
- Mild laxatives for constipation
- Rehydration mixtures for diarrhoea or vomiting
- Indigestion remedies
- Travel sickness tablets
- Seasonal treatments for colds and hay fever