

## Prescribing of medicines available to purchase over the counter for self-care

**NHS Darlington, Hartlepool and Stockton-on-Tees and South Tees CCGs do not support the prescription of medicines and treatments for self-limiting and minor health conditions where:**

- **Self-care is the most appropriate route**
- **Medicines and treatments are available to buy over the counter**

All prescribers within Darlington, Hartlepool and Stockton-on-Tees and South Tees, including non-medical prescribers, GPs, extended hours, urgent care and A&E departments, should not prescribe readily available over the counter (OTC) medicines.

Community pharmacists should support this approach and not routinely advise patients to request their GP to prescribe OTC medicines available for self-limiting conditions and minor health conditions where these are available to purchase.

The following self-limiting and minor health conditions can be treated effectively and safely using over the counter medicines. Treatments for these conditions are no longer recommended on prescription.

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