



Helping you to help yourself

The following minor illnesses can be treated safely and effectively using over the counter medicines. Treatments for these conditions are no longer recommended on prescription. Please speak to your pharmacist.

- Aches and pains
- Cold sores
- Constipation
- Dandruff
- Mild dry skin
- Fungal nail infections
- Conditions which require food substitutes or supplementation without clear clinical need
- Headache and migraine
- Heartburn and indigestion
- Upset stomach
- Other skin complaints including acne, sun protection, birthmarks, facial hair, bruising, tattoos, sweating
- Teething & toothache
- Travel medicines including travel sickness
- Varicose veins
- Athlete's foot
- Colic
- Coughs and colds
- Diarrhoea
- Ear wax
- Fungal skin infections - ringworm
- Hayfever and allergies
- Head lice
- Piles (haemorrhoids)
- Skin rashes including nappy rash
- Sore throat
- Threadworm
- Conditions which require vitamin, health supplements for prevention of deficiency including complementary medicines.
- Vaginal thrush

If your symptoms carry on longer than is normal for a minor illness then make an appointment at your GP Practice.

Take care of yourself and your NHS will take care of you