



# Self-care with over the counter products

Last year in Bromley we spent over £2 million on prescriptions for self care products available over the counter.

Many common conditions and minor ailments can be treated at home with the support of your local pharmacy if needed. Over the counter products for self care are for things like pain relief, cold sores, cough and colds. These items can be bought from pharmacies and supermarkets without a prescription. You can get them without an appointment or seeing a GP.

This practice is unable to routinely prescribe health supplements and medicines for self-care that can be bought readily from pharmacies and supermarkets without a prescription.

Thank you for your understanding.

Examples of self care treatments available to purchase over the counter without a prescription include:

- Acne treatment
- Analgesic/pain relief treatment (short term pain, fever, headache, muscle/joint injury)
- Anti-fungal treatment (athlete's foot, oral and vaginal thrush, ring worm)
- Antiperspirant treatment (excessive sweating)
- Camouflage creams
- Cold sore treatment
- Colic treatment
- Constipation treatment
- Cough, cold and sore throat treatment
- Diarrhoea treatment
- Ear wax remover
- Eye treatments/lubricating products (Conjunctivitis/dry eyes)
- Haemorrhoid (piles) treatment
- Hayfever treatment
- Head lice treatment
- Herbal and complementary treatments
- Homeopathic preparations
- Indigestion and heartburn (dyspepsia) treatment
- Mouth ulcer treatment
- Nappy rash treatment
- Scabies treatment
- Suncream
- Threadworm treatment
- Topical steroid treatment (insect bites/stings, contact dermatitis, nappy rash)
- Vitamins and minerals
- Wart and verruca treatment

For advice and information on how to self care and treat a range of common conditions and minor ailments, please speak to your local pharmacist or visit NHS Choices by visiting [www.nhs.uk](http://www.nhs.uk)

More information on self-care as well as supporting leaflets is also available on our Bromley CCG website. To access this, please visit: <http://www.bromleyccg.nhs.uk/looking-after-yourself.htm>.

If you urgently need medical help it but it is not a life-threatening situation, you can call the 111 service. This is available 24 hours a day, seven days a week and calls are free from landlines and mobile phones.





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# PREScription

**This GP Practice no longer routinely prescribes medicines which are available to purchase over the counter in pharmacies, supermarkets or other shops.**

