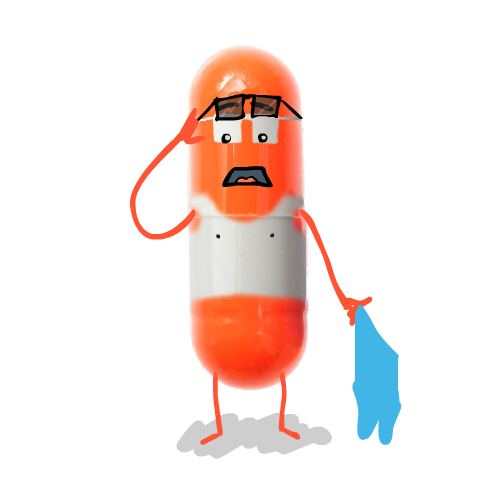
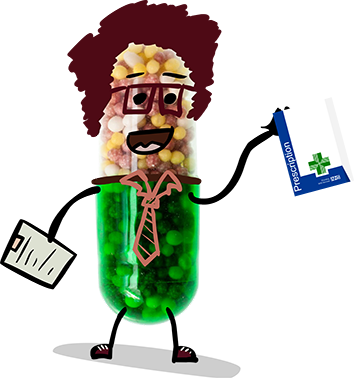
**Receptionist checklist**

NHS England has published guidance to primary care prescribers to **not** routinely prescribe over the counter medicines for common conditions.

**Please signpost patients to purchase over the counter medicines and seek help from their pharmacist for the conditions or treatments listed below**.

|  |  |
| --- | --- |
| Probiotics | Infrequent migraines |
| Vitamins and minerals | Insect bites and stings |
| Acute sore throat | Mild acne |
| Infrequent cold sores of the lip | Mild dry skin |
| Conjunctivitis | Sunburn |
| Coughs and colds and nasal congestion | Sun protection |
| Cradle cap | Mild to moderate hay fever/Seasonal rhinitis |
| Haemorrhoids | Minor burns and scalds |
| Infant colic | Minor conditions associated with pain, discomfort and fever (e.g. aches and sprains, headache, period pain, back pain) |
| Mild cystitis |
| Mild dermatitis | Mouth ulcers |
| Dandruff | Nappy rash |
| Diarrhoea (adults only) | Oral thrush |
| Dry eyes/sore (tired) eyes | Prevention of dental decay |
| Earwax | Ringworm/athletes foot |
| Excessive sweating (Hyperhidrosis) | Teething/mild toothache |
| Head lice | Threadworms |
| Indigestion and heartburn | Travel sickness |
| Infrequent constipation | Warts and verrucae |

**What are the benefits of using pharmacies?**

* It prevents unnecessary GP appointments for common conditions.
* Access to pharmacies is easier and sometimes quicker than waiting for a GP appointment.
* Pharmacies are open out of hours, like late nights and at the weekend, which is convenient for people who work or when the GP practice is closed.

