**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**.

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| 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.

