

Prescribing of over the counter medicines is changing

Your GP, nurse or pharmacist will no longer be able to provide you with a prescription for over the counter medicines for short-term, minor health conditions. This is a national NHS England initiative, based on clinical evidence and patient feedback. Your local Clinical Commissioning Group (CCG) - East Leicestershire and Rutland CCG, is responsible for introducing the changes at all of its GP practices. If you require further information visit the ELR CCG website in the first instance. Any questions or concerns should be directed to ELR CCG via the contact details at the end of this page.

Over the counter medicines are available to buy in a pharmacy or supermarket. You can keep a few useful medicines at home for common conditions such as coughs and headaches, which can be treated immediately. The team of qualified healthcare professionals at your local pharmacy can offer clinical advice to safely and effectively manage minor health concerns. **This includes:**

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

Notes:

For more information and support

Visit the ELR CCG website: www.eastleicestershireandrutlandccg.nhs.uk

Telephone: 0116 2953405

Email: Enquiries@eastleicestershireandrutlandccg.nhs.uk