**Self-care medication for short-term minor ailments and health supplements can no longer be prescribed by Lambeth GPs**

For the majority of healthy people many short-term minor ailments can be treated through self-care without the need to see a doctor. Instead, patients are encouraged to treat these short term minor health problems at home, with over-the-counter medicines where appropriate.

Lambeth CCG in agreement with other South East London CCGs have advised that a number of common medications used for short term or minor conditions should generally no longer be prescribed by the GP surgery.

**How can my local pharmacist help?**

Every year, patients make around 50million visits to their GP for minor ailments. Instead of booking a GP appointment, you can visit your local pharmacist without an appointment.

**List of conditions where medication is available over the counter directly from your pharmacist:**

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| **Condition** | **Self-care advice** | **How your pharmacist can help** |
| Acne (mild) | Speak to your pharmacist for skin care advice | Benzyl peroxide |
| Athlete’s foot | Change your socks and wash your feet daily. Keep your feet covered in communal areas | Topical antifungal cream / lotion / sprays |
| Cold sore | Speak to your pharmacist | Aciclovir cream |
| Cough, cold,  blocked nose, fever | Rest, drink plenty of water and eat healthily | Paracetamol, ibuprofen, cough and cold  remedies |
| Constipation | Increase your intake of soluble fibres and fluids | Laxatives |
| Diarrhoea, vomiting | Drink plenty of water and rest | Loperamide, oral rehydration salts |
| Dry skin | Moisturise your skin straight after washing and showering | Skin moisturisers |
| Dry eye | Discuss with your pharmacist, as some medication can cause dry eyes | Artificial tear, hypromellose |
| Earwax | A few drops of warmed olive oil or almond oil into the ears and leave for 5-10  Minutes. Apply twice a day for at least 10 days. | Sodium bicarbonate ear drops |
| Eye infection | For a stye or chalazion: soak a clean flannel in hot, but not scalding, water. Then place the flannel, gently but firmly, against the closed eye. Do this for 5-10min, 3-4 times a day. | Chloramphenicol eye drops |
| Hayfever and allergies | Avoid known allergens and speak to your pharmacist | Antihistamine tablets, steroid nasal sprays |
| Head lice | Wet combing with conditioner and lice detection comb | Head lice shampoo / sprays / lotions |
| Indigestion | Make sure you eat regular meals. Avoid spicy or fatty foods.. Drink less alcohol and if you smoke, consider giving up. Losing weight can be very helpful too | Antacids, simeticone and alginates  for occasional use. If symptoms persist  after self-care, see your GP |
| Dry, itchy scalp | Speak to your pharmacist | Shampoo containing coal tar extract, ketoconazole and selenium |
| Minor aches and pains | Speak to your pharmacist | Paracetamol, ibuprofen and codeine |
| Minor cuts and bruises | Speak to your pharmacist | First aid products |
| Minor sprains | PRICE (Protect, Rest, Ice, Compression, and Elevation) | Rub-on anti-inflammatory painkillers |
| Sports injuries | Avoid HARM (Heat, Alcohol, Running, and Massage) | Rub-on anti-inflammatory painkillers |
| Mouth ulcer, sore throat | Gargle with salt water | Lozenges, sprays |
| Piles (haemorrhoids) | Increase soluble fibre and fluid intake | Piles cream |
| Skin and nappy rash | Speak to your pharmacist | Nappy rash barrier creams |
| Skin pigmentation, scarring | Speak to your pharmacist | Camouflage creams |
| Sun protection | Speak to your pharmacist | Sun creams and sprays |
| Threadworm | Speak to your pharmacist | Threadworm (chewable) tablets |
| Vaginal thrush | Speak to your pharmacist | Antifungal cream / pessary / tablets |
| Vitamins and mineral  supplements | Speak to your pharmacist | Available from supermarkets  and pharmacies |
| Warts and verrucae | Speak to your pharmacist | Salicylic acid lotions, paints or plasters |