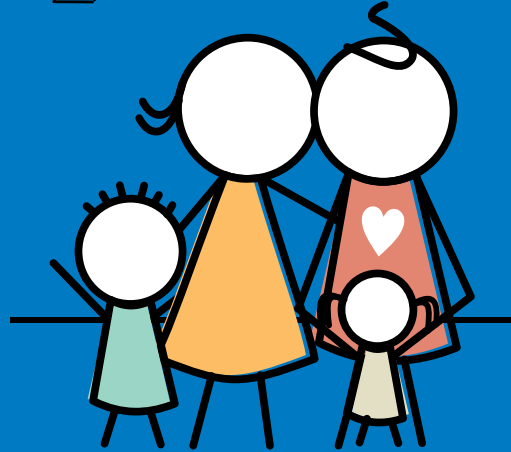


Helping you to help yourself



Pharmacy



A guide to self care

No need to wait for a doctor's appointment, you can go straight to your local pharmacy.

**Take care of
yourself and
your NHS will
take care of you**

Why self care?

Rather than visit their GP, most people can take care of themselves when they have common symptoms such as sore throats, coughs etc. This is called self care.

Pharmacists can help you to look after yourself. They can also advise you on over the counter medicines.

If your symptoms carry on longer than is normal for a minor illness then make an appointment at your GP Practice.

This leaflet explains the benefits of self care and how you can manage non-urgent conditions with help from your pharmacist.

Medicines for self care

The following minor illnesses can be treated effectively and safely using over the counter medicines.

Treatments for these conditions are no longer recommended on prescription. You can speak to your pharmacist for advice.

- Aches and pains
- Athlete's foot
- Cold sores
- Colic
- Constipation
- Coughs and colds
- Dandruff
- Diarrhoea
- Mild dry skin
- Ear wax
- Fungal nail infections
- Fungal skin infections - ringworm
- Conditions which require food substitutes or supplementation without clear clinical need
- Hayfever and allergies
- Headache and migraine
- Head lice
- Heartburn and indigestion
- Piles (haemorrhoids)
- Upset stomach
- Skin rashes including nappy rash
- Other skin complaints including acne, sun protection, birthmarks, facial hair, bruising, tattoos, sweating
- Sore throat
- Teething & toothache
- Threadworm
- Travel medicines including travel sickness
- Conditions which require vitamin, health supplements for prevention of deficiency including complementary medicines.
- Varicose veins
- Vaginal thrush

Benefits of self care

Expert advice to support you
Pharmacists can offer expert advice on a wide range of illnesses and you don't need to make an appointment. Your consultation will be confidential and discreet.

Save yourself time

Choosing to self care can free up your GP so they can spend more time with patients with more complex conditions.

Save your GP time

Choosing to self care can free up more GP time so they can spend more time with patients with more complex conditions.

Save the NHS money

In 2015, practices across the Mid Nottinghamshire area spent £1,500,000 on prescribing over the counter medicines. Many of these items are low cost and available from the pharmacist, and some are even available from your local shops and supermarkets.

The money spent on those prescriptions, for minor illnesses, could be spent on treating more serious conditions or developing life-saving treatments.

Doctor's Notes

Signed