

Appendix 1: Conditions for which OTC items should not be routinely prescribed in primary care.

Acute sore throat	Mild dry skin
Conjunctivitis	Mild to moderate Hay fever/seasonal rhinitis
Coughs, colds and nasal congestion	Minor burns/scalds
Cradle Cap	Minor conditions associated with pain, discomfort and/or fever (e.g. aches and sprain, headache, period pain, back pain)
Dandruff (mild scaling of the scalp without itching)	Mouth Ulcers
Diarrhoea (adults)	Nappy Rash
Dry eyes/Sore tired eyes	Oral Thrush
Earwax	Prevention of dental caries
Excessive sweating (hyperhidrosis)	Probiotics
Haemorrhoids	Ringworm / athletes foot
Head Lice	Sunburn due to excessive sun exposure
Infant Colic	Sun protection
Infrequent cold sore of lips	Teething/mild toothache
Indigestion and Heartburn	Threadworm
Infrequent constipation	Travel Sickness
Infrequent Migraine	Vitamins and minerals for prevention/maintenance.
Insect bites/stings	Warts and verrucae
Mild Cystitis	Fungal nail infections *
Mild irritant dermatitis	Upset stomach *
Mild acne	Vaginal Thrush *

* These conditions are not covered in the national self-care guidance but have been classified locally as self-limiting conditions and therefore routine prescriptions for treatment should not be offered in Primary Care.

For further advice on self-care and patient information sheets visit:
www.selfcareforum.org or www.nhs.uk