



No prescription required - referral to local pharmacy

You have a short term illness that either does not require treatment or can be treated with a medication that is available to buy over the counter. Please visit your pharmacist for help and advice. You do not need to make an appointment to speak to the pharmacist, you can just drop in anytime.

Your pharmacist can give you help and advice on the most appropriate medication to relieve your symptoms for:

Acute sore throat		Mild acne	
Cold sore		Mild dry skin	
Conjunctivitis		Sunburn (and sun protection)	
Cradle cap		Mild hayfever	
Haemorrhoids		Minor burn or scald	
Infant colic		Pain and/or fever	
Mild cystitis		Mouth ulcer	
Mild dermatitis		Nappy rash	
Dandruff		Oral thrush	
Diarrhoea (adults only)		Ringworm or athletes foot	
Dry or sore eyes		Teething or mild toothache	
Earwax		Threadworms	
Excessive sweating		Travel sickness	
Fungal nails		Upset stomach	
Head lice		Vaginal thrush	
Indigestion and heartburn		Warts and verrucaes	
Infrequent constipation		Other - please indicate	
Infrequent migraine			
insect bites and stings			

If at any time you are concerned about your condition, or if your symptoms are not improving after a few days of treatment with the over the counter medications, you should contact the local pharmacist or your GP for more advice.