

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
- Threadworm
- Teething & toothache
- Conditions which require vitamin, health supplements for prevention of deficiency including complimentary medicines.
- Travel medicines including travel sickness
- Vaginal thrush
- Varicose veins