

# New prescribing policy in Birmingham and Solihull

Prescriptions for over the counter medicines for the following minor ailments may no longer be available from your GP:

## Acne (mild) e.g.

- Creams, lotions and gels for treating acne

## Acute pain, sprains, headache, fever, infrequent migraine, cold and flu symptoms e.g.

- Paracetamol
- Ibuprofen
- Co-codamol 8/500 (tablets, capsules, liquids and soluble forms)

## Cold sores (occasional) e.g.

- Creams and other preparations to treat occasional cold sores

## Constipation (infrequent) e.g.

- Lactulose
- Senna
- Bisacodyl

## Coughs, colds and nasal congestion e.g.

- All cough syrups and linctuses, including simple linctus, pholcodine linctus, codeine linctus
- Decongestant tablets, nasal drops and sprays
- Inhalations

## Dandruff and cradle cap e.g.

- Cradle cap treatment shampoos
- Dandruff shampoos

## Dental and sore mouth products e.g.

- Fluoride toothpaste, mouthwash, oral drops and tablets
- Mouth ulcer treatments
- Preparations for oral thrush
- Teething gels

## Diarrhoea (simple infrequent episodes in adults only) e.g.

- Oral rehydration sachets
- Loperamide

## Ear wax e.g.

- Ear wax softeners e.g. olive oil, almond oil and branded preparations to soften ear wax

## Eye care e.g.

- Soothing drops and artificial tears for dry or sore, tired eyes
- Products to treat conjunctivitis

## Haemorrhoids (piles) e.g.

- Soothing haemorrhoidal creams and suppositories

## Hay fever (mild to moderate) and seasonal rhinitis e.g.

- Antihistamines
- Nasal sprays
- Eye drops

## Head lice e.g.

- Lotions and other preparations to treat head lice

## Indigestion and heartburn (short-term) e.g.

- Antacids
- Ranitidine tablets
- Omeprazole

## Infant colic e.g.

- Drops and liquids for infant colic

## Insect bites and stings e.g.

- Creams for itching
- Antihistamines

## Nappy rash e.g.

- All nappy rash creams

## Other skin conditions e.g.

- Emollient creams and lotions for mild irritant dermatitis
- Steroid creams for mild irritant dermatitis
- Antifungal creams for athletes' foot and ringworm

## Rubifacients e.g.

- Creams, gels and sprays for sore muscles

## Sore throat e.g.

- Lozenges, rinses and sprays for sore throat

## Sunscreens e.g.

- All sunscreens (except for certain medical conditions)

## Threadworms e.g.

- Tablets or liquid to treat threadworms

## Travel sickness e.g.

- Preparations to treat travel sickness

## Vitamins, multivitamin and mineral preparations (except to treat a clinical proven deficiency)

## Warts (simple) and veruccae e.g.

- All topical gels and paints for warts or veruccae

**Over the counter medicines are available to buy in your local pharmacy or supermarket.**

*This list is not exhaustive and is subject to change.*