

## Over The Counter (OTC) Products Available To Buy for Self Care

Condition	Example products which may be bought ;	ONLY Pharmacy	ANY retail outlet
Acute Sore Throat	Lozenges or throat sprays e.g. <b>benzydamine (Difflam)</b>	√	
Cold Sores	Antiviral cold sore cream e.g. <b>aciclovir cream</b>		√
Conjunctivitis	Antimicrobial eye drops/eye ointment (2 years +) e.g. <b>chloramphenicol</b>	√	
Coughs and Colds and Nasal Congestion	Cough mixtures or linctus		√
	Saline nose drops		√
	Decongestant nasal sprays		√
	Menthol vapour rubs		√
	Cold and flu capsules or sachets		√
Cradle Cap	Emulsifying ointment	√	
	Cradle cap shampoos e.g. <b>Dentinol</b>		√
Haemorrhoids	Haemorrhoid creams, ointments and suppositories	hydrocortisone formulations	√
Infant Colic	Simethicone suspensions e.g. <b>Infacol, Dermatix</b>		√
	lactase drops e.g. <b>Colief, Gastrocare Baby, Care Co Lactase</b>		√
Mild Cystitis	Sodium bicarbonate or potassium citrate granules/sachets		√
Contact Dermatitis	Emollients e.g. <b>Epimax, Isomol, Cetraben, Epimax oatmeal</b>	√	
	Steroid creams e.g. <b>Hc45 (10yrs +)</b>	√	
Dandruff	Anti-dandruff shampoos (coal tar preparations) e.g. <b>T Gel</b>		√
	Anti-fungal shampoos e.g. ketoconazole e.g. <b>Nizoral</b>		√
Diarrhoea (Adults)	Loperamide 2mg capsules		√
	Rehydration sachets/tablets e.g. <b>Diorolyte, O.R.S</b>		√
Dry Eyes/Sore (tired) eyes	Dry eyes e.g. <b>hypromellose 0.3% eye drops</b>		√
	Sore (tired) eyes e.g. <b>any comfort/refreshing/sore eye drops</b>		√
Earwax	Drops containing <b>sodium bicarbonate, hydrogen peroxide, olive oil (Earol), almond oil, urea (Otex)</b>	Otex	√
Excessive sweating (mild/moderate hyperhidrosis)	Aluminium chloride sprays, roll-ons, solutions. e.g. <b>Driclor, Anhydrol Forte</b>	√	
Head Lice	Wet combing (preferred) or creams/lotions for head lice e.g. <b>dimeticone (Hedrin), malathion (Derbac), permetherin (Lyclear)</b>	Derbac	√
Indigestion and Heartburn	Antacid tablets or liquids e.g. <b>Rennie, Tumms, Gaviscon Original or Advance</b>	Gaviscon Advance	√
	Ranitidine 75mg tablets		√
	OTC proton pump inhibitors e.g. <b>omeprazole 10mg (Zanprol), pantoprazole 20mg (Pantoloc Control), esomeprazole 20mg (Nexium Control)</b>	√	
	Sodium alginate, calcium carbonate or sodium bicarbonate liquids e.g. <b>Gaviscon preparations, Maalox, Peptac</b>	Gaviscon Advance	√
Infrequent Constipation	Bisacodyl or Senna tablets		√
	Ispaghula Husk granules e.g. <b>Fybogel</b>		√
	<b>Lactulose solution</b>	√	

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Infrequent Migraines	Migraine tablets e.g. <b>sumatriptan (Imigran Recovery)</b>	√	
	Painkillers e.g. <b>paracetamol, ibuprofen, co-codamol 8/500</b>	co-codamol 8/500	√
	Anti-sickness tablets e.g. <b>prochlorperazine (Buccastem M)</b>	√	
Insect bites and stings	Steroid creams (10 years +)e.g. <b>Hc45</b> or creams for itching e.g. <b>Anthisan</b>		√
	Antihistamine tablets or liquids e.g. <b>cetirizine, loratadine, chlorphenamine, acrivastine</b>	chlorphenamine	√
Mild Acne	Benzoyl peroxide creams/gels e.g. <b>Acnecide</b>	√	
Mild Dry Skin	Emollient creams, ointments and lotions		√
Sunburn/Sun Protection	Sunburn e.g. After sun cream, <b>aloe vera gel</b>		√
	<b>Sun protection</b> e.g. Sun screens, <b>Sunsense, Uvistat</b>		√
Mild to Moderate Hay fever/Seasonal Rhinitis	Antihistamine tablets or liquids e.g. <b>cetirizine, loratadine, chlorphenamine, acrivastine</b>	chlorphenamine	√
	Steroid nasal sprays (18years +) e.g. <b>beclometasone</b>		√
	Sodium cromoglicate eye drops e.g. <b>Opticrom</b>		√
Minor Burns and Scalds	Antiseptic burns cream		√
	Cooling burn gel		√
Minor conditions associated with pain/ discomfort /fever (e.g. aches and sprains, headache, period pain, back pain, viral infections)	<b>Paracetamol tablets/suspension</b>		√
	<b>Ibuprofen tablets/suspension</b>		√
	NSAID topical creams or gels e.g. <b>ibuprofen, diclofenac (Voltarol)</b>		√
	<b>Co-codamol 8/500 tablets</b>	√	
Mouth Ulcers	Antimicrobial mouthwash e.g. <b>chlorhexidine (Corsodyl) hexetidine (Oraldene)</b>		√
	Mouth gels e.g. <b>Bonjela, Anbesol, Iglu</b>	Anbesol	√
Nappy Rash	Nappy rash creams e.g. <b>Metanium, Sudocrem, Bepanthen</b>		√
Prevention of dental caries	High fluoride toothpastes e.g. <b>Colgate Duraphat</b>	Dental Prescription	
	Mouthwashes		√
Ringworm/Athletes foot	Athlete's Foot Cream e.g. <b>miconazole (Daktarin), terbinafine (Lamasil)</b>		√
	Antifungal creams or sprays e.g. <b>clotrimazole (Canesten)</b>		√
Teething/Mild Toothache	Antiseptic pain relieving gel e.g. <b>Bonjela junior/teething, Calpol teething gel, Dentinox teething gel, Orajel (benzocaine), Anbesol</b>	Anbesol	√
	<b>Clove Oil</b>	√	
	Painkillers e.g. <b>paracetamol, ibuprofen</b>		√
Threadworms	Mebendazole 100mg tablets e.g. <b>Ovex</b>	√	
Travel Sickness Tablets	Travel sickness tablets e.g. <b>hyoscine (Kwells), cinnarizine (Stugeron)</b>	√	
Warts and Verrucae	Creams, gels, skin paints and medicated plasters (salicylic acid) e.g. <b>Bazuka, Scholl</b>		√
	Freezing method (dimethyl ether propane cold spray) e.g. <b>Bazuka sub zero, Scholl Freeze, Wartner</b>		√