

NO PRESCRIPTION REQUIRED

You have been diagnosed with a common condition that can be treated with medication available to buy over the counter from your local pharmacy.

You do not need to make an appointment to speak to the pharmacist, just pop in anytime and they will be happy to help you.

Ask the pharmacist for help and advice on the most appropriate medication to relieve your symptoms for:

coughs and colds	aches and pains
sore throat	teething
allergies	sleep problems
skin rash	travel sickness
heartburn and indigestion	threadworm
upset stomach	head lice
diarrhoea	scabies
constipation	athlete's foot
Colic	cold sores
Piles (haemorrhoids)	fungal skin infections - ringworm
headache and migraine	fungal nail infections
toothache	conjunctivitis
eczema	Other - please indicate below

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 the surgery for more advice.

Please contact the surgery for further advice.

For more information visit

<http://www.nhs.uk/Livewell/Pharmacy/Pages/Commonconditions.aspx>

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(Adapted from Prescipp Self care webkit, No prescription required sheet)