



**Common medications available over the counter
(OTC) for minor ailments**



Minor Ailment	Medication (For further advice on which medication to recommend, see product information leaflet)	Brands to be noted (not an exhaustive list)	OTC restrictions (For further advice on restrictions, see product information leaflet)	Classification P (pharmacy only) GSL (general sale)
Acute pain, headache, temperature	Paracetamol 500mg tablets	Anadin Mandalol Disprol Panadol Hedex	Long term conditions requiring regular pain relief	GSL (– packs of 16) P (up to 32)
	Ibuprofen 200mg, 400mg Ibuprofen 100mg/5ml Liquid	Anadin Ibuprofen Nurofen Calprofen Cuprofen Anadin Joint pain	Long term conditions requiring regular pain relief Asthma Unstable high blood pressure Taking anticoagulants Stomach ulcers/problems Children under 3 months Not for use in Chicken Pox	GSL (200mg– packs of 16) P (400mg – up to 32 tablets)
	Co-codamol 8/500mg	Migraleve Yellow tabs Paracodol	Children under 12 yrs Severe Liver disease Breastfeeding Pregnancy	P (up to 32 tablets)
	Paracetamol 120mg/5ml suspension (from 3 months) Paracetamol 250mg/5ml suspension (from 6 years old)	Calpol Medinol Sootheze six plus	Children under 2 months Babies born before 37 weeks Babies weighing less than 4 kg	GSL

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	Ibuprofen 5% gel	Fenbid Ibuleve Nurofen	Children under 14 yrs Pregnancy Breastfeeding	GSL
	Diclofenac 2.32% and 3% gel	Voltarol Emulgel Solaraze	Broken/infected skin Asthma	P
	Aspirin 300mg dispersible tablets	Anadin original Disprin	Asthma Peptic ulceration Third trimester pregnancy Children under 16 yrs Haemophilia Current Anticoagulant therapy	GSL (packs of 16) P (other pack sizes)
Hayfever/Allergies	Chlorphenamine 4mg tablets	Allercalm Piriton Hayleve	Children under 12 yrs Pregnancy Breastfeeding	P
	Chlorphenamine 2mg/5ml solution	Allerief Piriton	Children under 1 yrs Children with Asthma Children taking Monoamine oxidase inhibitors	P
	Loratidine 10mg tablets	Clarityn Allergy Clarityn Rapide	Children under 12 yrs Pregnancy Breastfeeding	GSL (pack size 10 tablets) P (other pack sizes)
	Acrivastine 8mg capsules	Benadryl Allergy relief Benadryl plus	Children under 12 yrs Adults over 65 yrs Pregnancy Breastfeeding	GSL (pack size 12 tablets) P (other pack sizes)
	Cetirizine 10mg tablets Cetirizine 1mg/ml solution	Benadryl Zirtek Allergy solution Benadryl Allergy relief solution Zirtek Piriteze Pollenshield	Children under 12 yrs Patients with kidney problems Pregnancy Breastfeeding	GSL (pack size 14 tablets) GSL (pack size 70ml) P (other pack sizes)
	Beclomethasone 0.05% Nasal	Beconase	Children under 18 yrs	GSL (100 spray pack)

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	Spray	Nasobec Pollenase		P(180 spray pack)
	Sodium cromoglycate 2% eye drops	Allercrom Optrex allergy Catacrom allergy relief Opticrom hayfever	Children under 6 yrs	GSL
Athletes foot	Miconazole 2% cream 0.16% powder	Daktarin Daktarin aktiv	Diabetic patients Pregnancy Breastfeeding	P (cream) GSL (powder)
	Terbinafine hydrochloride 1%	Lamisil AT cream, gel, spray Scholl advanced cream, powder, spray	Children under 16 yrs Diabetic patients Pregnancy Breastfeeding	GSL
Cold sores	Aciclovir cream 5%	Virasorb Zovirax Lypsyl	Immunocompromised & terminally ill Only for face and lips	GSL (only if specified for cold sore)
Conjunctivitis (uncomplicated/Bacterial)	Chloramphenical 0.5% eye drops Chloramphenical 1% eye ointment	Brochlor Golden eye Lumicare Optrex	Children under 2 yrs Pregnancy Breastfeeding	P
Cystitis	Sodium Citrate 4g sachet	Cystocalm Cymalon CanesOasis	Men and Children under 16 yrs Diabetic patients Heart disease, hypertension, renal disease Pregnancy Breastfeeding	GSL
	Potassium Citrate 1.5g liquid 3g sachet 1.5g tablet (effervescent)	Cymaclear Cystopurin Effercitrate	Children under 6 yrs History of kidney disease Pregnancy Breastfeeding	GSL

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Diarrhoea	Oral rehydration solutions/sachets	Dioralyte relief sachets Electrolade sachets	Patients with liver or kidney disease Patients on low potassium/sodium diets Patients with diabetes	GSL
	Loperamide 2mg caps	Imodium Diocalm ultra Entrocalm Diah-limit	Children under 12 yrs Inflammatory bowel disease Post bowel surgery Post pelvic radiation Colorectal cancer	GSL (pack size 6 capsules) P (other pack sizes)
Diarrhoea				
Ear wax	Olive oil drops Arachis oil/chlorobutanol hemihydrate drops Docusate sodium 0.5% drops Acetic Acid 2%	Cerumol Waxsol EarCalm	No restrictions	GSL (Olive oil) P (all other ear drops/sprays)
Head lice	1 st line – Dimeticone gel, lotion or spray 4%	Hedrin Nyda Lyclear Nitrid	Babies under 6 months	GSL (100ml pack) P (other pack size)
	2 nd line - Malathion Aqueous lotion 0.5%	Derbac-M		GSL
Haemorrhoids	Zinc oxide	Anusol cream and ointment Haemorrhoid relief Germoloids cream and ointment	Children under 16 yrs Pregnancy Breastfeeding Rectal bleeding or blood in stools	GSL
Indigestion, Dyspepsia Heartburn, Upset stomach	Sodium Alginate Calcium carbonate Sodium Bicarbonate	Gaviscon 250 tablets Gaviscon cool Gaviscon Double action Rennie	Children under 12 yrs	GSL
		Gaviscon Infant	Babies under 12 months Babies born before 37 weeks Children over 2 yrs	P

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Indigestion, Dyspepsia Heartburn, Upset stomach	Bismuth subsalicylate	Pepto-Bismol	Children under 16 yrs Sesnsitive aspirin	P
	Esomeprazole 20mg tablets	Nexium Control	Children under 18 yrs Adults over 55 yrs Pregnancy Breastfeeding Jaundice or liver disease	GSL
	Pantoprazole 20mg tablets	Pantoloc Control	Children under 18 yrs Adults over 55 yrs Pregnancy Breastfeeding Jaundice or liver disease	P
	Ranitidine 75mg tablets	Zantac Gavilast Ranicalm	Children under 12 yrs Peptic ulceration Elderly taking NSAIDs	GSL (pack size 12 tablets)
Infant colic	Simeticone 40mg/ml	Infacol	No restrictions	GSL
	Dimeticone 42mg/5ml	Dentinox	Fructose, glucose-galactose or sucrose intolerant patients (contains sucrose)	GSL
Nappy rash	Titanium dioxide, titanium peroxide, titanium salicylate	Metanium	No restrictions	GSL
	Zinc oxide, Benzyl alcohol, benzyl benzoate, lanolin	Sudocrem	No restrictions	GSL
Nasal congestion	Sodium chloride 0.9% nasal drops, spray	Snufflebabe nasal drops Calpol soothe and care drops and spray Mandanol nasal drops	No restrictions	GSL
Scabies	Permethrin 5% dermal cream	Lyclear Lythrin	Babies under 2 months	P
	Crotamiton 10% cream	Eurax	Children under 3 yrs Breastfeeding	GSL

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			Pregnancy	
Teething, sore mouth conditions (i.e ulcers)	Lidocaine Hydrochloride, Chlorocresol, Cetylpyridinium Chloride Choline salicylate, cetalkonium chloride	Bonjela Anbesol Orajel	Children under 16 yrs Active peptic ulceration Pregnancy Breastfeeding	GSL
Teething, sore mouth conditions (i.e ulcers)	Bonjela teething gel	Bonjela teething	Babies under 2 months Heart disease, Liver disease	GSL
Threadworms	Mebendazole 100mg tablets	Ovex (only P licensed brand)	Children under 2 yrs Pregnancy Breastfeeding	P
Thrush/oral thrush	Clotrimazole 1 % cream	Canesten	Children under 16 yrs Adults over 65 yrs	P
	Clotrimazole 2% cream Clotrimazole 10% intravaginal cream		Children under 16 yrs Adults over 60 yrs Pregnancy	P
	Clotrimazole 500mg pessary and Clotrimazole 2% cream	Canesten thrush combi	Children under 2 yrs Adults over 65 yrs	GSL
	Fluconazole 150mg capsule and clotrimazole 2% cream	Canesten Duo	Lactose intolerance Pregnancy Children under 16 yrs Adults over 60 yrs	P
	Fluconazole 150mg capsule	Canesten Thrush	Lactose intolerance Pregnancy Children under 16 yrs Adults over 60 yrs	P
	Miconazole 2% oral gel (15g)	Daktarin oral gel	Children under 4 months Pregnancy, Breastfeeding Patients taking warfarin	P

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Sore throat	Benzydamine	Difflam Spray Difflam Oral rinse	Children under 12yrs Pregnancy Breastfeeding	P
Minor skin complaints (Dermatitis, mild to moderate dry skin etc)	Clobetasone 0.05% cream	Eumovate eczema & dermatitis cream	Children under 12 yrs Broken or inflamed skin Pregnancy Breastfeeding	P
	Crotamiton 10% Crotamiton 10%, Hydrocortisone 0.25%	Eurax Eurax HC	Children under 3 yrs Broken or inflamed skin Pregnancy Breastfeeding	GSL (Eurax) P (Eurax HC)
	Emollient creams, lotions, gels	E45, Doublebase, Isomol gel, Diprobase Cetraben	No restrictions	GSL
	Urea 5%, lauromacrogals 3%	E45 itch relief	Broken or inflamed skin	GSL
	Calamine lotion		No restrictions	GSL
	Colloidal oatmeal ointment	Aveeno	No restrictions	GSL
Warts/Verrucas	Verruca gel - Salicyclic acid, lactic acid	Bazuka Extra strength gel Bazuka Gel Bazuka treatment gel	Diabetic Patients Face, neck, ano-genital area Moles, birthmarks, hairy warts or skin lesions Broken skin	P GSL (Bazuka treatment gel)
	Wart paint/ointment - Salicyclic acid, lactic acid	Salactol Occlusal Salatac Verrugon ointment	Diabetic patients Face, neck, ano-genital area Moles, birthmarks, hairy warts or skin lesions Broken skin Impaired peripheral blood circulation	P P
		Scholl Freeze Bazuka Sub zero	Children under 4 yrs Diabetic Patients Face, neck, ano-genital area Moles, birthmarks, hairy warts or skin	GSL

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			lesions Broken skin	

Title	Policy on Prescribing of Medicines that are Available for Purchase (Self-Care)
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Author	Medicines Optimisation Team, Mid Essex CCG
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Previous version	Key Changes
January 2014	Changes to format
April 2015	Minor change - Combined with restricted OTC guide
July 2015	Format change – standardised to prescribing policy statement
October 2016	Addition of common OTC medications and restrictions for their OTC use
April 2017	Update GP support from the NHS England East of England Medical Director