

# Self care with over the counter products

Many common conditions and minor ailments can be treated at home with the support of your local pharmacy if needed.

Over the counter products for self care are for things like pain relief, cold sores, cough and colds.

These items can be bought from pharmacies and supermarkets without a prescription and are also often cheaper this way. You can get them without an appointment or seeing a GP.

Last year in Lambeth we spent over £1 million on prescriptions for self care products available over the counter.

NHS Lambeth CCG no longer supports the routine prescribing of over the counter products for common conditions and minor ailments that are short term illnesses, and/or will get better with time.

Examples of self care treatments available to purchase over the counter without a prescription:

## Acne treatment

Analgesic/pain relief treatment (short term pain, fever, headache, muscle/joint injury)

Anti-fungal treatment (athlete's foot, oral and vaginal thrush, ring worm)

Antiperspirant treatment (excessive sweating)

Cold sore treatment

Colic treatment

Constipation treatment

Cough, cold and sore throat treatment

Diarrhoea treatment

Ear wax remover

Eye treatments/lubricating products (Conjunctivitis/dry eyes)

## Haemorrhoid (piles) treatment

Hayfever treatment

Head lice treatment

Herbal and complementary treatments

Indigestion and heartburn (dyspepsia) treatment

Mouth ulcer treatment

Nappy rash treatment

Scabies treatment

Threadworm treatment

Topical steroid treatment (insect bites/stings, contact dermatitis, nappy rash)

Vitamins and minerals

Wart and verruca treatment



**For advice and information on how to self care and treat a range of common conditions and minor ailments visit [www.lambethccg.nhs.uk](http://www.lambethccg.nhs.uk)**