

REFERRAL TO LOCAL PHARMACY - NO PRESCRIPTION REQUIRED

You have a common condition that can be treated with a medication that is available to buy over the counter from your local pharmacy or your local supermarket*.

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*
hayfever and allergies*	sleep problems
skin rashes	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* (emollients and moisturisers)	cystitis*
nappy rash*	vaginal thrush*
other	

Recommended Treatment:

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.

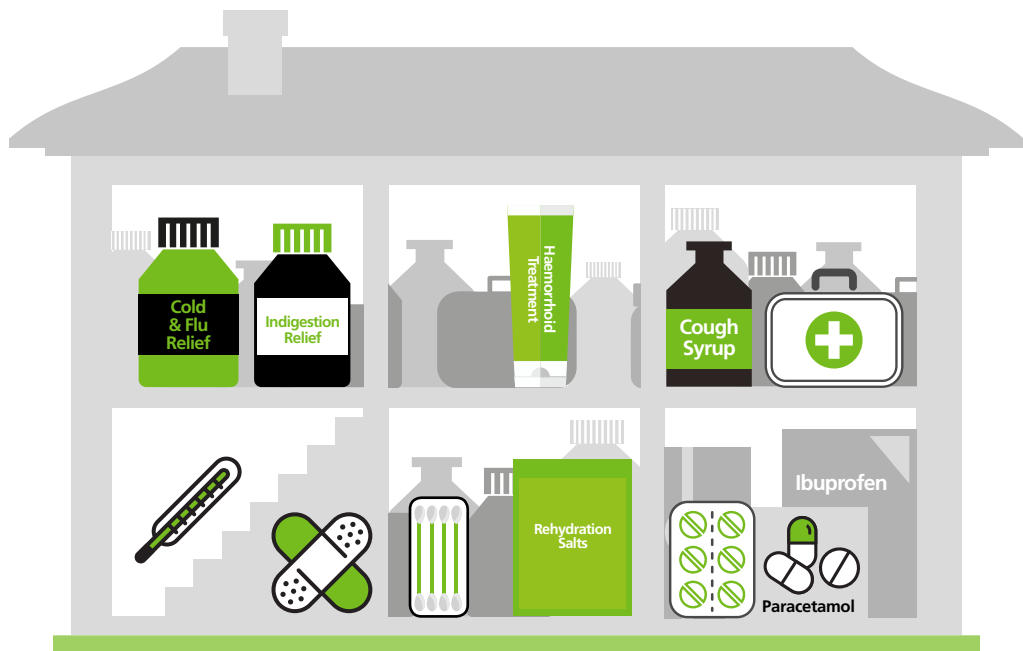
Please contact the surgery for further advice on:

For more information visit:

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

Be Self-Care Aware

By keeping a selection of essential medications at home you can treat common conditions in a timely manner, avoid unnecessary trips to see your doctor and/or visits to the A&E department.



What to keep in your medicines cabinet

The following medications can be bought from pharmacies or your local supermarket and are generally cheaper than buying them on prescription.

- Simple pain killers like paracetamol and ibuprofen
- Sore throat, coughs, colds and flu medications
- Heartburn and indigestion remedies
- Anti-diarrhoea medication
- Rehydration salts
- Allergy medicines
- Pile (haemorrhoid) treatments
- First aid kit including plasters and bandages.

Speak to your local pharmacist about stocking up on medicine cabinet essentials to treat common conditions for you and your family.