

OTC Indication	Medicines no longer prescribed for minor and self-limiting illness
Mild aches and pains e.g. headache, occasional migraine and teething	• Anti-inflammatory gels or creams e.g. ibuprofen or diclofenac gel
	• Oral painkillers e.g. paracetamol or ibuprofen
Athlete's foot	• Antifungal creams e.g. clotrimazole, miconazole and terbinafine
Cold sores	• Anti-viral creams e.g. acyclovir 5%
Colic	• Infacol®, Dentinox®, Colief®, Gripe water
Coughs, colds and sore throats	• Cough bottles
	• Lozenges and sprays for sore throats
	• Oral painkillers / antipyretics e.g. paracetamol, ibuprofen
	• Nasal decongestants e.g. pseudoephedrine tablets, decongestant sprays, drops
Diarrhoea (occasional and short duration)	• Oral rehydration solutions e.g. Dioralyte
	• Antidiarrhoeal medicines e.g. loperamide
Constipation (occasional and short duration)	• Laxatives e.g. ispaghula husk (Fybogel®), bisacodyl, lactulose, senna
Ear wax	• Ear drops for softening ear wax
Haemorrhoids (piles)	• Haemorrhoid creams, ointments and suppositories
Hayfever	Antihistamine tablets and liquids for patients over 6 years old eg: • Cetirizine • Loratadine • Chlorphenamine • Acrivastine
Head lice	• Head lice lotions and sprays
Indigestion and heartburn	e.g. • Maalox® • Peptac® • Gaviscon®
Infant feeding	• Comfort milks
	• Lactose free formulas for colic
	• Reflux milks

Nappy rash	e.g. • Metanium® • Sudocrem®
Oral health	• Mouthwashes e.g. Chlorhexidine
	• Fluoride toothpaste
Sunscreen	• Should only be prescribed for certain approved conditions
Threadworms	• Mebendazole tablets and suspension
Vitamins and minerals	• Should only be prescribed in line with actual or potential vitamin or mineral deficiency
Should not be prescribed as dietary supplements or as a general “pick-me-up”	