

Laurbel Surgery Newsletter

Spring/Summer 2019

Prescribing of 'Over the Counter' Medication is Changing

Your GP, nurse or pharmacist will not generally give you a prescription for over the counter medicines for a range of minor health concerns. Instead, over the counter medicines are available to buy in a pharmacy or supermarket in your local community.



How your local pharmacy team can help you:

Your local pharmacy team are qualified healthcare professionals with the knowledge and skills to help with many health concerns. Pharmacists can give clinical advice, right there and then, and help you choose the most appropriate treatment. If your symptoms suggest it's more serious, they'll ensure you get the care you need.

What can you do?

Keeping a few useful medicines at home means you can treat common conditions immediately without needing to see a healthcare professional. These could include:

- Painkillers to help with pain, discomfort and fever
- Indigestion medicines, oral rehydration salts and treatments for constipation and diarrhoea
- Treatments for seasonal conditions like colds and hay fever
- Sunblock and after sun
- Basic first aid items (for example plasters or antiseptic cream) If you have children, make sure you also have products suitable for them.

Speak to your local pharmacy team about what medicines to keep at home, where to store them safely and how to use them.

You may still be prescribed a medicine for a condition on the list if:

- You need treatment for a long-term condition, e.g. regular pain relief for chronic arthritis or inflammatory bowel disease.
- You need treatment for more complex forms of minor illnesses, e.g. migraines that are very bad and where over the counter medicines do not work.
- You need an over the counter medicine to treat a side effect of a prescription medicine or symptom of another illness, e.g. constipation when taking certain painkillers.
- The medicine has a licence which doesn't allow the product to be sold over the counter to certain groups of patients. This could include babies, children or women who are pregnant or breast-feeding.
- The person prescribing thinks that a patient cannot treat themselves, for example because of mental health problems or severe social vulnerability

Conditions your Pharmacy can help with

Acute Sore Throat	Conjunctivitis	Coughs, colds, nasal congestion	Minor burns/ scalds	Mild cystitis	Dry skin
Cradle cap	Dandruff	Diarrhoea (adults)	Dermatitis	Hay fever	Minor pains, discomfort/ fever
Dry eyes	Earwax	Excessive sweating	Mouth ulcers	Nappy rash	Athletes foot
Haemorrhoids	Head lice	Indigestion/ heartburn	Oral thrush	Prevention of tooth decay	Ringworm
Infant Colic	Cold sores	Infrequent constipation	Sunburn	Sun protection	Teething/mild toothache
Infrequent migraine	Insect bites	Mild acne	Threadworms	Travel sickness	Warts/verrucae

During the month of May 2019

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People did not attend their appointment with a Doctor or Nurse, without letting us know. If you cannot attend your appointment, please let us know so we can offer it to someone else.