

New prescribing policy in Birmingham and Solihull

Prescriptions for over the counter medicines for the following minor ailments may no longer be available from your GP:

Acne (mild) e.g.

- Creams, lotions and gels for treating acne

Acute pain, sprains, headache, fever, infrequent migraine, cold and flu symptoms e.g.

- Paracetamol
- Ibuprofen
- Co-codamol 8/500 (tablets, capsules, liquids and soluble forms)

Cold sores (occasional) e.g.

- Creams and other preparations to treat occasional cold sores

Constipation (infrequent) e.g.

- Lactulose
- Senna
- Bisacodyl

Coughs, colds and nasal congestion e.g.

- All cough syrups and linctuses, including simple linctus, pholcodine linctus, codeine linctus
- Decongestant tablets, nasal drops and sprays
- Inhalations

Dandruff and cradle cap e.g.

- Cradle cap treatment shampoos
- Dandruff shampoos

Dental and sore mouth products e.g.

- Fluoride toothpaste, mouthwash, oral drops and tablets
- Mouth ulcer treatments
- Preparations for oral thrush
- Teething gels

Diarrhoea (simple infrequent episodes in adults only) e.g.

- Oral rehydration sachets
- Loperamide

Ear wax e.g.

- Ear wax softeners e.g. olive oil, almond oil and branded preparations to soften ear wax

Eye care e.g.

- Soothing drops and artificial tears for dry or sore, tired eyes
- Products to treat conjunctivitis

Haemorrhoids (piles) e.g.

- Soothing haemorrhoidal creams and suppositories

Hay fever (mild to moderate) and seasonal rhinitis e.g.

- Antihistamines
- Nasal sprays
- Eye drops

Head lice e.g.

- Lotions and other preparations to treat head lice

Indigestion and heartburn (short-term) e.g.

- Antacids
- Ranitidine tablets
- Omeprazole

Infant colic e.g.

- Drops and liquids for infant colic

Insect bites and stings e.g.

- Creams for itching
- Antihistamines

Nappy rash e.g.

- All nappy rash creams

Other skin conditions e.g.

- Emollient creams and lotions for mild irritant dermatitis
- Steroid creams for mild irritant dermatitis
- Antifungal creams for athletes' foot and ringworm

Rubifacients e.g.

- Creams, gels and sprays for sore muscles

Sore throat e.g.

- Lozenges, rinses and sprays for sore throat

Sunscreens e.g.

- All sunscreens (except for certain medical conditions)

Threadworms e.g.

- Tablets or liquid to treat threadworms

Travel sickness e.g.

- Preparations to treat travel sickness

Vitamins, multivitamin and mineral preparations (except to treat a clinical proven deficiency)

Warts (simple) and veruccae e.g.

- All topical gels and paints for warts or veruccae

Over the counter medicines are available to buy in your local pharmacy or supermarket.

This list is not exhaustive and is subject to change.