

## **MEDICINES THAT CAN BE PURCHASED FROM PHARMACIES**

The following represents a list of medicines which can be purchased at pharmacies or other retail outlets for the treatment of minor illnesses. Lack of availability of such products is a common reason for patients to need to contact medical services out of normal working hours, and may often be recommended by NHS 111 or clinicians delivering phone advice.

Please remember that antibiotics will not cure or help the symptoms of coughs, sore throats, colds or flu.

If in doubt about what treatment you need then ask your community pharmacist for advice. Please note that when a branded medicine is listed, supermarket/pharmacy own versions are much cheaper.

### **Winter medicines to keep at home**

- Painkillers and anti-inflammatory drugs e.g. paracetamol (including Calpol®), and ibuprofen
- Cough syrups e.g. Pholcodine linctus®, simple linctus
- Sore throat remedies e.g. glycerine honey and lemon, throat pastilles
- Cold and flu remedies e.g. Vicks vapour rub®, decongestant tablets
- Indigestion remedies and anti-diarrhoeals e.g. Gaviscon®, loperamide, Dioralyte® for occasional use
- Laxatives e.g. lactulose, senna and bisacodyl
- Vitamin D 10micrograms once daily for all over age 1 year from October to March. Children under 1 discuss with your health visitor.

### **Purchase when required**

- Ear drops to soften wax, e.g. Waxsol®, Cerumol®, Olive oil
- Antihistamines for certain conditions, particularly hay fever, prickly heat and insect stings e.g. Loratadine or Cetirizine
- Mouthwashes, Bonjela® gel and treatment for mouth ulcers
- Simple dressings such as Melolin®, gauze swabs, or those found in simple first aid boxes
- Antiseptic ointments for cuts and abrasions e.g. Savlon®, Germolene®
- Simple creams that are freely available e.g. Sudocrem®, E45®, Vaseline® Intensive Care & Flexitol Heel Balm®
- Treatments for athletes foot, warts and verrucas
- Treatment for vaginal thrush e.g. Canesten®
- Treatment for conjunctivitis e.g Chloramphenicol eye drops