

OTC Medicines no longer to be prescribed in Primary Care (from Nov 1st 2018)

As per the guidelines from Berkshire West Area Prescribing Committee, the following items should **no longer be prescribed**, but the patient can purchase themselves from a Pharmacy or Supermarket.

Hay fever

Eg Loratadine, Cetirizine, Beconase, Sodium Cromoglycate

Cold sores

Eg Aciclovir cream

Conjunctivitis

Eg Chloramphenicol eye drops (except for <2yrs, as not allowed OTC)

Haemorrhoids

Eg Anusol cream and suppositories

Multivitamin preps

Eg Sanatogen, Forceval

Teething gels/mouth ulcers

Eg Bonjela

Dandruff

Eg Selsun shampoo

Indigestion

Eg Gaviscon tablets

Ringworm & Threadworm

Eg Mebendazole tablets

Nappy rash

Eg Sudocrem/Metanium/Drapolene

Infant colic

Eg Infacol, Dentinox

Warts/Verrucas

Eg Verrugon/Occlusal/Salatac/Cuplex/Duofilm

Sun protection

Eg Sensense, Uvistat, etc

Travel sickness

Eg Phenergan

Ear wax softening

Eg Olive oil, Sodium bicarbonate, Waxsol, Otex, Cerumol, Otex

Head lice

Eg Hedrin, Derbac M

Sore throats Eg Difflam spray