



NHS England has introduced guidance regarding **Over-The-Counter medication**. For examples of products we would ask you to buy, please see below.

Condition/Item	Example products
Probiotics	Probiotic sachets
Vitamins and Minerals	Vitamin B compound tablets, Vitamin C effervescent 1g tablets, Multivitamin preparations.
Acute Sore Throat	Lozenges or throat sprays
Cold Sores	Antiviral cold sore cream
Conjunctivitis	Antimicrobial eye drops and eye ointment.
Coughs and Colds and Nasal Congestion	Cough mixtures or linctus, Saline nose drops, Menthol vapour rubs, Cold and flu capsules or sachets.
Cradle Cap	Emulsifying ointment, Shampoos
Haemorrhoids	Haemorrhoid creams, ointments and suppositories.
Infant Colic	Simethicone suspensions lactase drops
Mild Cystitis	Sodium bicarbonate or potassium citrate granules
Contact Dermatitis	Emollients, Steroid creams.
Dandruff	Antidandruff shampoos Antifungal shampoos
Diarrhoea (Adults)	Loperamide 2mg capsules Rehydration sachets,
Dry Eyes/Sore(tired) eyes	Eye drops for sore tired eyes Hypromellose 0.3% eye drops
Earwax	Drops containing sodium bicarbonate, hydrogen peroxide, olive oil or almond oil.
Excessive sweating (mild – moderate hyperhidrosis)	Aluminium chloride sprays, roll-ons, solutions.
Head Lice	Creams or lotions for head lice
Indigestion and Heartburn	Antacid tablets or liquids Ranitidine 150mg Tablets OTC proton pump inhibitors e.g. omeprazole 10mg capsules. Sodium alginate, calcium carbonate or sodium bicarbonate liquids.
Infrequent Constipation	Bisacodyl tablets 5mg Ispaghula Husk granules Lactulose solution

Infrequent Migraines	Migraine tablets Painkillers Anti-sickness tablets
Insect bites and stings	Steroid creams or creams for itching.
Mild Acne	Benzoyl peroxide products Salicylic acid products
Mild Dry Skin	Emollient creams, ointments and lotions
Sunburn/Sun Protection	After sun cream Sun creams
Mild to Moderate Hay fever/Seasonal Rhinitis	Antihistamine tablets or liquids. Steroid nasal sprays Sodium cromoglicate eye drops
Minor Burns and Scalds	Antiseptic Burns Cream, Cooling burn gel.
Minor conditions associated with pain, discomfort and/fever. (e.g. aches and sprains, headache, period pain, back pain)	Paracetamol 500mg tablets, Ibuprofen 400mg tablets, NSAID topical creams or gels Paracetamol Suspension
Mouth Ulcers	Antimicrobial mouthwash
Nappy Rash	Nappy rash creams
Prevention of dental caries	Fluoride toothpastes Mouthwashes
Ringworm/Athletes foot	Athlete's Foot Cream Antifungal creams or sprays
Teething/Mild Toothache	Antiseptic pain relieving gel Clove Oil Painkillers
Threadworms	Mebendazole 100mg tablets
Travel Sickness Tablets	Travel sickness tablets
Warts and Verrucae	Creams, gels, skin paints and medicated plasters containing salicylic acid dimethyl ether propane cold spray