



Great Yarmouth and Waveney
North Norfolk, South Norfolk
Norwich, West Norfolk
Clinical Commissioning Groups

Your local NHS will no longer support the prescribing of the following medications (both branded and generics) that are routinely available over the counter in community pharmacies and high street shops for short-term and minor ailments.

Ailment	Medicines
Analgesia	<ul style="list-style-type: none">• Paracetamol tablets / caplets / capsules / suspension• Ibuprofen tablets / capsules / suspension• Co-codamol 8mg/500mg tablets / capsules• Topical analgesics: ibuprofen, diclofenac, methyl salicylate
Cough and Cold	<ul style="list-style-type: none">• Decongestants• Cough syrup/ linctus/ mixture• Sore throat treatments• Normal saline nasal sprays / drops
Antihistamines and allergy	<ul style="list-style-type: none">• Oral antihistamines e.g. chlorpheniramine cetirizine loratadine, acrivastine• Allergy and steroid nasal sprays e.g. beclomethasone , fluticasone (*18 years and over)• Allergy eye drops e.g. sodium cromoglycate, antazoline
Thrush	<ul style="list-style-type: none">• Clotrimazole cream and pessaries• Fluconazole 150mg capsule <p>(NB only available OTC 16 to 60 years; maximum 2 episodes in 6 months)</p>
Gastrointestinal	<ul style="list-style-type: none">• Constipation e.g. lactulose, senna, docusate, bisacodyl (tablets and suppositories), ispaghula husk, glycerine suppositories• Diarrhoea e.g. loperamide, rehydration sachets
Haemorrhoids (Cream, ointment & suppositories)	<ul style="list-style-type: none">• Local anaesthetics and astringents e.g. lidocaine, benzocaine, cinchocaine, zinc oxide• Corticosteroids e.g. hydrocortisone
Dermatology	<ul style="list-style-type: none">• Emollients• Corticosteroids for short courses (15g, 7 days treatment): Hydrocortisone 1% (*10 years and over), clobetasone (*12 years and over)• Fungal treatments (topical) e.g. clotrimazole, miconazole, terbinafine, ketoconazole• Fungal nail paints• Warts and verrucas e.g. salicylic acid, freeze treatment

Heartburn & Indigestion	<ul style="list-style-type: none"> • Antacids and alginates
Cold Sore Treatments	<ul style="list-style-type: none"> • Aciclovir
Teething & Mouth Ulcers	<ul style="list-style-type: none"> • Teething gels and pastes • Mouth ulcer treatments
Headlice and Threadworm treatments	<ul style="list-style-type: none"> • All products

Please be aware - A medicine purchased over the counter may have restrictions within its product license as to dose / duration / site of application which may differ to when prescribed.