

# Prescribing of medication available to purchase over the counter in Norfolk and Waveney

**NHS**

Great Yarmouth and Waveney,  
North Norfolk, South Norfolk,  
West Norfolk and Norwich

Clinical Commissioning Groups

The NHS does not support the prescribing of medication that is available to buy over the counter from local pharmacies or supermarkets for minor self limiting conditions.

The medications listed below are examples of medicines that should be purchased by the patient, parent or guardian. This list is not exhaustive:

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Moisturising creams, gels, ointments and balms for dry skin with no diagnosis

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Hay fever remedies e.g. antihistamines, nasal sprays (patients over 18 years)

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Vitamins and supplements e.g. low dose vitamin D (less than treatment dose), I-Caps, multivitamins

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Rehydration sachets

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Anti-diarrhoeal medication for short term diarrhoea (less than 72 hours) and rehydration sachets

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Lubricating eye drops and chloramphenicol eye drops and eye ointment (patients over 2 years)

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Paracetamol and ibuprofen for short term use

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Laxatives for short term use (less than 72 hours)

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Head lice treatments

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Threadworm tablets and ringworm treatments

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Haemorrhoidal preparations e.g. Anusol

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Antiperspirants

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Cough and cold remedies

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Medicated shampoos e.g. Alphosyl, Capasal (for dandruff and cradle cap)

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Mouthwash e.g. Corsodyl

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Indigestion remedies e.g. Gaviscon, Peptac

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Cold sore medication

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Infant colic medication

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Nappy rash creams

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Travel sickness medication

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Warts and verruca treatment

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Earwax drops

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Self care to help  
save the NHS  
precious  
££££