

**Appendix 1: Conditions for which OTC items should not be routinely prescribed in primary care.**

	Acute sore throat		Mild dry skin
	Conjunctivitis		Mild to moderate Hay fever/seasonal rhinitis
	Coughs, colds and nasal congestion		Minor burns/scalds
	Cradle Cap		Minor conditions associated with pain, discomfort and/or fever (e.g. aches and sprain, headache, period pain, back pain)
	Dandruff (mild scaling of the scalp without itching)		Mouth Ulcers
	Diarrhoea (adults)		Nappy Rash
	Dry eyes/Sore tired eyes		Oral Thrush
	Earwax		Prevention of dental caries
	Excessive sweating (hyperhidrosis)		Probiotics
	Haemorrhoids		Ringworm / athletes foot
	Head Lice		Sunburn due to excessive sun exposure
	Infant Colic		Sun protection
	Infrequent cold sore of lips		Teething/mild toothache
	Indigestion and Heartburn		Threadworm
	Infrequent constipation		Travel Sickness
	Infrequent Migraine		Vitamins and minerals for prevention/maintenance.
	Insect bites/stings		Warts and verrucae
	Mild Cystitis		Fungal nail infections *
	Mild irritant dermatitis		Upset stomach *
	Mild acne		Vaginal Thrush *

\* These conditions are not covered in the national self-care guidance but have been classified locally as self-limiting conditions and therefore routine prescriptions for treatment should not be offered in Primary Care.

For further advice on self-care and patient information sheets visit:  
[www.selfcareforum.org](http://www.selfcareforum.org) or [www.nhs.uk](http://www.nhs.uk)

Appendix 1: Conditions for which OTC items should not be routinely prescribed in primary care. GN Prescribing Team

May 2018

Review May 2021