

Over The Counter (OTC) Products Available To Buy for Self Care

Condition	Example products which may be bought ;	ONLY Pharmacy	ANY retail outlet
Acute Sore Throat	Lozenges or throat sprays e.g. benzydamine (Difflam)	√	
Cold Sores	Antiviral cold sore cream e.g. aciclovir cream		√
Conjunctivitis	Antimicrobial eye drops/eye ointment (2 years +) e.g. chloramphenicol	√	
Coughs and Colds and Nasal Congestion	Cough mixtures or linctus		√
	Saline nose drops		√
	Decongestant nasal sprays		√
	Menthol vapour rubs		√
	Cold and flu capsules or sachets		√
Cradle Cap	Emulsifying ointment	√	
	Cradle cap shampoos e.g. Dentinox		√
Haemorrhoids	Haemorrhoid creams, ointments and suppositories	hydrocortisone formulations	√
Infant Colic	Simethicone suspensions e.g. Infacol, Dermatix		√
	lactase drops e.g. Colief, Gastrocare Baby, Care Co Lactase		√
Mild Cystitis	Sodium bicarbonate or potassium citrate granules/sachets		√
Contact Dermatitis	Emollients e.g. Epimax, Isomol, Cetraben, Epimax oatmeal	√	
	Steroid creams e.g. Hc45 (10yrs +)	√	
Dandruff	Anti-dandruff shampoos (coal tar preparations) e.g. T Gel		√
	Anti-fungal shampoos e.g. ketoconazole e.g. Nizoral		√
Diarrhoea (Adults)	Loperamide 2mg capsules		√
	Rehydration sachets/tablets e.g. Diorolyte, O.R.S		√
Dry Eyes/Sore (tired) eyes	Dry eyes e.g. hypromellose 0.3% eye drops		√
	Sore (tired) eyes e.g. any comfort/refreshing/sore eye drops		√
Earwax	Drops containing sodium bicarbonate, hydrogen peroxide, olive oil (Earol), almond oil, urea (Otex)	Otex	√
Excessive sweating (mild/moderate hyperhidrosis)	Aluminium chloride sprays, roll-ons, solutions. e.g. Driclor, Anhydrol Forte	√	
Head Lice	Wet combing (preferred) or creams/lotions for head lice e.g. dimeticone (Hedrin), malathion (Derbac), permetherin (Lyclear)	Derbac	√
Indigestion and Heartburn	Antacid tablets or liquids e.g. Rennie, Tumms, Gaviscon Original or Advance	Gaviscon Advance	√
	Ranitidine 75mg tablets		√
	OTC proton pump inhibitors e.g. omeprazole 10mg (Zanprol), pantoprazole 20mg (Pantoloc Control), esomeprazole 20mg (Nexium Control)	√	
	Sodium alginate, calcium carbonate or sodium bicarbonate liquids e.g. Gaviscon preparations, Maalox, Peptac	Gaviscon Advance	√
Infrequent Constipation	Bisacodyl or Senna tablets		√
	Ispaghula Husk granules e.g. Fybogel		√
	Lactulose solution	√	

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Infrequent Migraines	Migraine tablets e.g. sumatriptan (Imigran Recovery)	√	
	Painkillers e.g. paracetamol, ibuprofen, co-codamol 8/500	co-codamol 8/500	√
	Anti-sickness tablets e.g. prochlorperazine (Buccastem M)	√	
Insect bites and stings	Steroid creams (10 years +) e.g. Hc45 or creams for itching e.g. Anthisan		√
	Antihistamine tablets or liquids e.g. cetirizine, loratadine, chlorphenamine, acrivastine	chlorphenamine	√
Mild Acne	Benzoyl peroxide creams/gels e.g. Acnecide	√	
Mild Dry Skin	Emollient creams, ointments and lotions		√
Sunburn/Sun Protection	Sunburn e.g. After sun cream, aloe vera gel		√
	Sun protection e.g. Sun screens, Sunsense, Uvistat		√
Mild to Moderate Hay fever/Seasonal Rhinitis	Antihistamine tablets or liquids e.g. cetirizine, loratadine, chlorphenamine, acrivastine	chlorphenamine	√
	Steroid nasal sprays (18years +) e.g. beclometasone		√
	Sodium cromoglicate eye drops e.g. Opticrom		√
Minor Burns and Scalds	Antiseptic burns cream		√
	Cooling burn gel		√
Minor conditions associated with pain/ discomfort /fever (e.g. aches and sprains, headache, period pain, back pain, viral infections)	Paracetamol tablets/suspension		√
	Ibuprofen tablets/suspension		√
	NSAID topical creams or gels e.g. ibuprofen, diclofenac (Voltarol)		√
	Co-codamol 8/500 tablets	√	
Mouth Ulcers	Antimicrobial mouthwash e.g. chlorhexidine (Corsodyl) hexetidine (Oraldene)		√
	Mouth gels e.g. Bonjela, Anbesol, Iglu	Anbesol	√
Nappy Rash	Nappy rash creams e.g. Metanium, Sudocrem, Bepanthen		√
Prevention of dental caries	High fluoride toothpastes e.g. Colgate Duraphat	Dental Prescription	
	Mouthwashes		√
Ringworm/Athletes foot	Athlete's Foot Cream e.g. miconazole (Daktarin), terbinafine (Lamasil)		√
	Antifungal creams or sprays e.g. clotrimazole (Canesten)		√
Teething/Mild Toothache	Antiseptic pain relieving gel e.g. Bonjela junior/teething, Calpol teething gel, Dentinox teething gel, Orajel (benzocaine), Anbesol	Anbesol	√
	Clove Oil	√	
	Painkillers e.g. paracetamol, ibuprofen		√
Threadworms	Mebendazole 100mg tablets e.g. Ovex	√	
Travel Sickness Tablets	Travel sickness tablets e.g. hyoscine (Kwells), cinnarizine (Stugeron)	√	
Warts and Verrucae	Creams, gels, skin paints and medicated plasters (salicylic acid) e.g. Bazuka, Scholl		√
	Freezing method (dimethyl ether propane cold spray) e.g. Bazuka sub zero, Scholl Freeze, Wartner		√