Items of low clinical effectiveness

Self-limiting conditions

**Please note the following information about the column headings: Medication** - For further advice see product information leaflet

**Common brands** - The lists are not exhaustive and other brands are available which a community pharmacist will be able to advise upon.

**OTC restrictions** - For further advice on restrictions, see product information leaflet

**Classification** - P = pharmacy only GSL = general sales list

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| **Condition** | **Exceptions** | **Medication** | **Common brands** |
| 3. **Acute sore throat** | Red flag  symptoms | Benzydamine 0.15% mouthwash5 and oromucosal spray6 | * Difflam®Spray7 * Difflam® Oral rinse8 |
| Throat lozenges | * Strepsils®9 * Throaties®10 * Tyrozets®11 |
| Throat sprays | • Ultra Chloraseptic®12 |
| 4. **Infrequent cold sores of the lip** | Immuno- compromised patients  Red flag  symptoms | Aciclovir cream 5%13 | * Virasorb®14 * Zovirax®15 * Lypsyl®16 |

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| **Condition** | **Exceptions** | **Medication** | **Common brands** |
| 5. **Conjunct-**  **ivitis** | Red flag  symptoms | Chloramphenicol 0.5% eye drops17  Chloramphenicol 1% eye ointment18 | * Brochlor®19 * Golden eye®20 * Optrex®21 |
| 6. **Coughs**  **and colds and nasal congestion** | Red flag  symptoms | Paracetamol 500mg  tablets22 and capsules23  Paracetamol 120mg/5ml suspension (from 3 months) sugar free24  Paracetamol 250mg/5ml suspension (from 6 years old)25 | * Anadin paracetamol®26 * Mandanol®27 * Panadol®28 * Hedex®29 * Calpol®30 |
| Ibuprofen 200mg, 400mg capsules/  tablets31-34  Ibuprofen 100mg/5ml oral suspension35 | * Anadin Ibuprofen®36 * Nurofen®37 * Calprofen®38 * Cuprofen®39 * Anadin Joint pain®40 |

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| **Condition** | **Exceptions** | **Medication** | **Common brands** |
| **6. Coughs and colds and nasal congestion continued** | Red flag  symptoms | Pseudoephedrine or pseudoephedrine- containing preparations | * Sudafed®41 * Benadryl®   Allergy Relief Plus  Decongestant  Capsules42   * Galpseud®43 |
| Paracetamol 1000mg/  Pholcodine 10mg/  Pseudoephedrine HCL 60mg in 30ml oral solution44  Paracetamol 500mg/  Pholcodine 5mg/  Pseudoephedrine HCL  30mg capsules45 | * Day Nurse® Oral Solution44 * Day Nurse® Capsules45 |
| 7. **Cradle cap (seborrhoeic dermatitis – infants)** | If causing distress to the infant and not improving | Emulsifying ointment and shampoo | * CapasalTM Therapeutic Shampoo46 * Dentinox® Shampoo Cradle Cap47 * Boots Cradle Cap Cream®48 |
| 8. **Haem-**  **orrhoids** | Red flag  symptoms | Zinc oxide preparations | * Anusol® cream49 ointment50 and suppositories51 * Germoloids® cream52 ointment53 and suppositories54 |

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| **Condition** | **Exceptions** | **Medication** | **Common brands** |
| 9. **Infant colic** | Red flag  symptoms | Simeticone 40mg/ml55 | • Infacol®55 |
| Dimeticone  42mg/5ml56 | • Dentinox®56 |
| 10. **Mild cystitis** | Red flag  symptoms | Sodium citrate 4g sachet57 | * Caneoasis cystitis relief granules®58 * Boots cystitis relief®59 |
| Potassium citrate 1.5g liquid60  3g sachet61  1.5g tablet  (effervescent)62 | * Cymaclear®60 * Cystopurin®61 * Effercitrate®62 |

# Minor illnesses suitable for self-care

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| **Condition** | **Exceptions** | **Medication** | **Common brands** |
| 11. **Mild irritant dermatitis** | No routine exceptions have been identified  See earlier for general exceptions | Emollients  Crotamiton  Steroid-containing preparations such as hydrocortisone | * Eurax®63 * Eurax-Hc® Cream64 * Hc45 Hydrocortisone Cream®65 |
| 12. **Dandruff** | No routine exceptions have been identified  See earlier for general exceptions | Ketoconazolecontaining shampoo | • Nizoral® Anti-dandruff shampoo66 |
| Coal tar shampoo | * Polytar® scalp shampoo67 * CapasalTM Therapeutic Shampoo68 * Alphosyl® ‘2in1’ shampoo69 |
| Selenium sulfide shampoo | • Selsun® Shampoo70 |

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| **Condition** | **Exceptions** | **Medication** | **Common brands** |
| 13. **Diarrhoea**  **(Adults only)** | No routine exceptions have been identified  See earlier for general exceptions  THIS RECOMMENDATION DOES  NOT APPLY TO  CHILDREN | Oral rehydration solutions/sachets | * Dioralyte® Relief Sachets71 * Imodium® Rehydration   Salts72 |
| Loperamide 2mg capsules73 | * Imodium®74 * Dioraleze®75 * Entrocalm®75 * Diafix®75 |
| 14. **Dry eyes/**  **sore (tired) eyes** | No routine exceptions have been identified  See earlier for general exceptions  Pre-existing eye conditions | Hypromellose 0.3%76 | * Tears Naturale® Eye Drops77 * Isopto® Plain78 |
| Carbomer | * Viscotears® Liquid Gel79 * Gel Tears®80 * Liquivisc®81 |
| Yellow Soft Paraffin BP/ PhEur  Anhydrous Lanolin  (Wool Fat) BP/PhEur  Liquid Paraffin BP/  PhEur | • Simple® Eye  Ointment82 |
| Distilled witchhazel | • Optrex® Sore Eyes  Drops83 |

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| **Condition** | **Exceptions** | **Medication** | **Common brands** |
| 15. **Earwax** | No routine exceptions have been identified  See earlier for general exceptions  Perforated ear drum | Olive oil drops  Arachis oil/ chlorobutanol hemihydrate drops  Docusate sodium 0.5% drops  Acetic acid 2% (not licensed for wax removal, may help if ears itch after wax removal, however significant itching may indicate infection and this should be confirmed and treated by the GP) | * Cerumol®84 * Waxsol®85 * EarCalm®86 |
| 16. **Excessive sweating (hyperhidrosis)** | No routine exceptions have been identified  See earlier for general exceptions | Aluminium chloride | * Driclor®87 * Anhydrol Forte®88 |
| 17. **Head lice** | No routine exceptions have been identified  See earlier for general exceptions  Current skin conditions of the scalp  Side effects of a severe infestation | Dimeticone gel, lotion or spray 4% | * Hedrin®89 * Nyda®90 |
| Malathion Aqueous lotion 0.5% | • Derbac-M®91 |
| Conditioner  Headlice combs | • Various |

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| **Condition** | **Exceptions** | **Medication** | **Common brands** |
| 18. **Indigestion and heartburn** | No routine exceptions have been identified  See earlier for general exceptions | Sodium alginate  Calcium carbonate  Sodium bicarbonate | * Gaviscon® tablets92 * Gaviscon Double action®93 * Acidex®94 |
| • Gaviscon Infant®95 |
| Esomeprazole 20mg tablets | • Nexium Control®96 |
| Pantoprazole 20mg tablets | • Pantoloc Control®97 |
| Ranitidine 75mg tablets98 | * Zantac®99 * Gavilast®100 * Ranicalm®101 |

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| **Condition** | **Exceptions** | **Medication** | **Common brands** |
| 19. **Infrequent constipation** | No routine exceptions have been identified  See earlier for general exceptions | Lactulose102 | * Duphalac®103 * Lactugal®104 |
| Bisacodyl tablets  5mg105 | • Dulcolax®106 |
| Senna107 | • Senokot® Dual Relief  Tablets108 |
| Ispaghula Husk  Granules | * Fybogel®109 * Ispagel®110 * Manevac®111 |

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| **Condition** | **Exceptions** | **Medication** | **Common brands** |
| 20. **Infrequent migraine** | No routine exceptions have been identified  See earlier for general exceptions | Prochlorperazine maleate | • Buccastem® M Tab  3mg112 |
| Paracetamol 500mg  tablets22 and capsules23  Paracetamol 500mg/5ml oral solution113  Paracetamol 500mg soluble tablets114 | * Anadin paracetamol®26 * Mandanol®27 * Panadol®28 * Hedex®29 |
| Ibuprofen 200mg, 400mg capsules and  tablets31-34  Ibuprofen 100mg/5ml liquid/suspension sugar free35 | * Anadin® Ibuprofen36 * Nurofen®37 * Calprofen®38 * Cuprofen®39 |

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| **Condition** | **Exceptions** | **Medication** | **Common brands** |
| **Infrequent migraine continued** | No routine exceptions have been identified  See earlier for general exceptions | Co-codamol 8/500mg  tablets, capsules, effervescent tablets | * Migraleve® Yellow tablets115 * Paracodol®116 |
| 21. **Insect bites and stings** | No routine exceptions have been identified  See earlier for general exceptions | Mepyramine maleate  2% | • Anthisan® Bite & Sting cream 2%117 |
| Lidocaine hydrochloride/zinc sulphate/cetrimide | • Savlon® Bites & Stings  Pain Relief Gel118 |
| Calamine/zinc oxide119 | • Calamine lotion119 |
| Chloroxylenol/ triclosan/edetic acid | • Dettol® Antiseptic  Cream120 |
| 22. **Mild acne** | No routine exceptions have been identified  See earlier for general exceptions | Benzoyl peroxide- containing preparations | * Acnecide® gel121 * Acnecide® wash122 * Quinoderm® cream123 |
| 23. **Mild dry skin** | See earlier for general exceptions | Emollients, creams and ointments | * Balneum Plus®124 * Cetraben®125 * Dermol®126 * E45®127 * Oilatum®128 |

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| **Condition** | **Exceptions** | **Medication** | **Common brands** |
| 24. **Sunburn due to excessive sun exposure** | See earlier for general exceptions | After sun products | • Various including calamine lotion119 |
| 25. **Sun protection** | ACBS approved indication of photodermatoses  (i.e. where skin protection should be prescribed)  See earlier for general exceptions | Sun protection cream/ sprays/gels | • Various |

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| **Condition** | **Exceptions** | **Medication** | **Common brands** |
| 26. **Mild to moderate hay fever/ allergic rhinitis** | No routine exceptions have been identified  See earlier for general exceptions | Chlorphenamine 4mg  tablets129  Chlorphenamine  2mg/5ml solution130 | • Piriton®131 |
| Loratadine 10mg tablets132  Loratadine 5mg/5ml syrup133 | • Clarityn Allergy®134 |
| Acrivastine 8mg capsules135 | • Benadryl Allergy  Relief®135 |

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| **Condition** | **Exceptions** | **Medication** | **Common brands** |
| **Mild to moderate hay fever/allergic rhinitis continued** | No routine exceptions have been identified  See earlier for general exceptions | Cetirizine 10mg tablets136  Cetirizine 1mg/ml solution137 | * Zirtek Allergy Relief®138 * Piriteze Allergy®139 * Benadryl Allergy®140 |
| Beclomethasone  0.05% nasal spray | • Beconase Hayfever®141 |
| Sodium cromoglycate  2% eye drops | * Allercrom®142 * Optrex Hayfever   Relief®143 |

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| **Condition** | **Exceptions** | **Medication** | **Common brands** |
| 27. **Minor burns and scalds** | See earlier for general exceptions  No routine exceptions have been identified  However more serious burns always require professional medical attention. Burns requiring hospital A&E treatment include but are not limited to:   * all chemical and electrical burns; * large or deep burns; * burns that cause white or charred skin; * burns on the face, hands, arms, feet, legs, or genitals that cause blisters. | Antiseptic burn cream  Cooling burn gel | • Betadine® Dry Powder  Spray144 |
| * Germolene® Antiseptic Cream145 * Germolene® Antiseptic Ointment146 * Savlon® Antiseptic Cream147 * Sudocrem® Antiseptic Healing Cream148 |

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| **Condition** | **Exceptions** | **Medication** | **Common brands** |
| 28. **Minor conditions associated with pain, discomfort and fever, e.g. aches and sprains, headache, period pain, back pain** | No routine exceptions have been identified  See earlier for general exceptions | Paracetamol 500mg  tablets22 and capsules23  Paracetamol 120mg/5ml suspension (from 3 months)/sugarfree24  Paracetamol 250mg/5ml suspension (from 6 years old)/sugar free25 | * Anadin paracetamol®26 * Mandanol®27 * Panadol®28 * Hedex®29 * Calpol®30 |
| Ibuprofen 200mg, 400mg tablets, capsules, liquid capsules  Ibuprofen 100mg/5ml liquid/suspension sugar free | * Anadin Ibuprofen®36 * Nurofen®37 * Calprofen®38 * Cuprofen®39 * Anadin Joint Pain®40 |
| Co-codamol 8/500mg  tablets,149 capsules,150 effervescent tablets151 | * Migraleve® Yellow tablets115 * Paracodol®116 |

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| **Condition** | **Exceptions** | **Medication** | **Common brands** |
| **28. Minor conditions associated with pain, discomfort and fever, e.g. aches and sprains, headache, period pain, back pain** | No routine exceptions have been identified  See earlier for general exceptions | Ibuprofen 5% gel152 | * Fenbid®153 * Ibuleve®154 * Nurofen®155 |
| 29. **Mouth ulcers** | No routine exceptions have been identified  See earlier for general exceptions | Lidocaine hydrochloride/ chlorocresol/ cetylpyridinium chloride  Choline salicylate/ cetalkonium chloride  Benzocaine | * Bonjela®156 * Anbesol®157 * Orajel®158 |
| 30. **Nappy rash** | No routine exceptions have been identified  See earlier for general exceptions | Titanium dioxide/ titanium peroxide/ titanium salicylate | • Metanium® Nappy  Rash ointment159 |
| Zinc oxide/ benzyl alcohol/ benzylbenzoate/  lanolin | • Sudocrem® Antiseptic  Healing Cream149 |

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| **Condition** | **Exceptions** | **Medication** | **Common brands** |
| 31. **Oral thrush** | No routine exceptions have been identified  See earlier for general exceptions | Miconazole 2% oral gel 15g160 | • Daktarin® Oral Gel160 |
| 32. **Prevention of dental caries (dental decay)** | No routine exceptions have been identified  Prescription only medicines need to be re-directed to the dentist to prescribe  See earlier for general exceptions | Mouthwashes such as chlorhexidine gluconate  Fluoride toothpaste | • Corsodyl®161 |
| 33. **Ringworm/ Athletes foot** | Lymphoedema or history of lower limb cellulitis  See earlier for general exceptions | Miconazole 2% cream162  Miconazole powder163  Miconazole 0.16% spray powder164 | * Daktarin®162 * Daktarin Powder163 * Daktarinaktiv®164 |
| Terbinafine hydrochloride 1% | * Lamisil® AT cream,165 gel,166 spray167 * Scholl® Athlete’s Foot powder,168 spray liquid169 |

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| **Condition** | **Exceptions** | **Medication** | **Common brands** |
| 34. **Teething/ mild toothache** | No routine exceptions have been identified  See earlier for general exceptions | Paracetamol 500mg tablets, capsules, effervescent tablets  Paracetamol 120mg/5ml suspension (from 3 months) sugar free  Paracetamol 250mg/5ml suspension (from 6 years old) sugar free | * Anadin Paracetamol®26 * Mandanol®27 * Panadol®28 * Hedex®29 * Calpol®30 |
| Ibuprofen 200mg, 400mg capsules and  tablets31-34  Ibuprofen 100mg/5ml liquid sugar free35 | * Anadin Ibuprofen®36 * Nurofen®37 * Calprofen®38 * Cuprofen®39 * Anadin Joint Pain®40 |
| Teething gel | Bonjela®156  Dentinox® TeethingGel170 |

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| **Condition** | **Exceptions** | **Medication** | **Common brands** |
| 35. **Threadworms** | No routine exceptions have been identified  See earlier for general exceptions | Mebendazole 100mg tablets | • Ovex®171 |
| 36. **Travel sickness** | No routine exceptions have been identified  See earlier for general exceptions | Cinnarizine tablets  15mg | • Stugeron® Tablets  15mg172 |
| Hyoscine  hydrobromide tablets  150mcg | * Joy-Rides® Tablets   Chewable 150mcg173   * Kwells300mcg tablets174 * Kwells Kids® Tablets   150mcg175 |

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| **Condition** | **Exceptions** | **Medication** | **Common brands** |
| 37. **Warts and verrucae** | No routine exceptions have been identified See earlier for general exceptions | Verruca gel such as those containing salicylic acid and lactic acid | * Bazuka® Extra strength gel176 * Bazuka® Gel177 * Bazuka® Treatment Gel178 * Bazuka Extra   Strength® Treatment  Gel179 |
| Wart paint/ointment such as those containing salicyclic acid and lactic acid | * Salactol Collodion®180 * Occlusal®181 * Salatac®182 * Verrugon® ointment183 |
| Wart freeze treatments containing liquid freezing agents such as dimethyl ether, propane and isobutane | * Scholl® Freeze184 * Bazuka® Sub Zero185 |