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

|  |  |  |  |
| --- | --- | --- | --- |
| **Condition** | **Exceptions** | **Medication** | **Common brands** |
| 3. **Acute sore throat** | Red flagsymptoms | 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 patientsRed flagsymptoms | Aciclovir cream 5%13 | * Virasorb®14
* Zovirax®15
* Lypsyl®16
 |

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| **Condition** | **Exceptions** | **Medication** | **Common brands** |
| 5. **Conjunct-****ivitis** | Red flagsymptoms | Chloramphenicol 0.5% eye drops17Chloramphenicol 1% eye ointment18 | * Brochlor®19
* Golden eye®20
* Optrex®21
 |
| 6. **Coughs****and colds and nasal congestion** | Red flagsymptoms | Paracetamol 500mgtablets22 and capsules23Paracetamol 120mg/5ml suspension (from 3 months) sugar free24Paracetamol 250mg/5ml suspension (from 6 years old)25 | * Anadin paracetamol®26
* Mandanol®27
* Panadol®28
* Hedex®29
* Calpol®30
 |
| Ibuprofen 200mg, 400mg capsules/tablets31-34Ibuprofen 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 flagsymptoms | Pseudoephedrine or pseudoephedrine- containing preparations | * Sudafed®41
* Benadryl®

Allergy Relief PlusDecongestantCapsules42* Galpseud®43
 |
| Paracetamol 1000mg/Pholcodine 10mg/Pseudoephedrine HCL 60mg in 30ml oral solution44Paracetamol 500mg/Pholcodine 5mg/Pseudoephedrine HCL30mg 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 flagsymptoms | 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 flagsymptoms | Simeticone 40mg/ml55 | • Infacol®55 |
| Dimeticone42mg/5ml56 | • Dentinox®56 |
| 10. **Mild cystitis** | Red flagsymptoms | Sodium citrate 4g sachet57 | * Caneoasis cystitis relief granules®58
* Boots cystitis relief®59
 |
| Potassium citrate 1.5g liquid603g sachet611.5g 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 identifiedSee earlier for general exceptions | EmollientsCrotamitonSteroid-containing preparations such as hydrocortisone | * Eurax®63
* Eurax-Hc® Cream64
* Hc45 Hydrocortisone Cream®65
 |
| 12. **Dandruff** | No routine exceptions have been identifiedSee 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 identifiedSee earlier for general exceptionsTHIS RECOMMENDATION DOESNOT APPLY TOCHILDREN | 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 identifiedSee earlier for general exceptionsPre-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/ PhEurAnhydrous Lanolin(Wool Fat) BP/PhEurLiquid Paraffin BP/PhEur | • Simple® EyeOintment82 |
| Distilled witchhazel | • Optrex® Sore EyesDrops83 |

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| **Condition** | **Exceptions** | **Medication** | **Common brands** |
| 15. **Earwax** | No routine exceptions have been identifiedSee earlier for general exceptionsPerforated ear drum | Olive oil dropsArachis oil/ chlorobutanol hemihydrate dropsDocusate sodium 0.5% dropsAcetic 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 identifiedSee earlier for general exceptions | Aluminium chloride | * Driclor®87
* Anhydrol Forte®88
 |
| 17. **Head lice** | No routine exceptions have been identifiedSee earlier for general exceptionsCurrent skin conditions of the scalpSide effects of a severe infestation | Dimeticone gel, lotion or spray 4% | * Hedrin®89
* Nyda®90
 |
| Malathion Aqueous lotion 0.5% | • Derbac-M®91 |
| ConditionerHeadlice combs | • Various |

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| **Condition** | **Exceptions** | **Medication** | **Common brands** |
| 18. **Indigestion and heartburn** | No routine exceptions have been identifiedSee earlier for general exceptions | Sodium alginateCalcium carbonateSodium 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 identifiedSee earlier for general exceptions | Lactulose102 | * Duphalac®103
* Lactugal®104
 |
| Bisacodyl tablets5mg105 | • Dulcolax®106 |
| Senna107 | • Senokot® Dual ReliefTablets108 |
| Ispaghula HuskGranules | * Fybogel®109
* Ispagel®110
* Manevac®111
 |

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| **Condition** | **Exceptions** | **Medication** | **Common brands** |
| 20. **Infrequent migraine** | No routine exceptions have been identifiedSee earlier for general exceptions | Prochlorperazine maleate | • Buccastem® M Tab3mg112 |
| Paracetamol 500mgtablets22 and capsules23Paracetamol 500mg/5ml oral solution113Paracetamol 500mg soluble tablets114 | * Anadin paracetamol®26
* Mandanol®27
* Panadol®28
* Hedex®29
 |
| Ibuprofen 200mg, 400mg capsules andtablets31-34Ibuprofen 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 identifiedSee earlier for general exceptions | Co-codamol 8/500mgtablets, capsules, effervescent tablets | * Migraleve® Yellow tablets115
* Paracodol®116
 |
| 21. **Insect bites and stings** | No routine exceptions have been identifiedSee earlier for general exceptions | Mepyramine maleate2% | • Anthisan® Bite & Sting cream 2%117 |
| Lidocaine hydrochloride/zinc sulphate/cetrimide | • Savlon® Bites & StingsPain Relief Gel118 |
| Calamine/zinc oxide119 | • Calamine lotion119 |
| Chloroxylenol/ triclosan/edetic acid | • Dettol® AntisepticCream120 |
| 22. **Mild acne** | No routine exceptions have been identifiedSee 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 identifiedSee earlier for general exceptions | Chlorphenamine 4mgtablets129Chlorphenamine2mg/5ml solution130 | • Piriton®131 |
| Loratadine 10mg tablets132Loratadine 5mg/5ml syrup133 | • Clarityn Allergy®134 |
| Acrivastine 8mg capsules135 | • Benadryl AllergyRelief®135 |

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| **Condition** | **Exceptions** | **Medication** | **Common brands** |
| **Mild to moderate hay fever/allergic rhinitis continued** | No routine exceptions have been identifiedSee earlier for general exceptions | Cetirizine 10mg tablets136Cetirizine 1mg/ml solution137 | * Zirtek Allergy Relief®138
* Piriteze Allergy®139
* Benadryl Allergy®140
 |
| Beclomethasone0.05% nasal spray | • Beconase Hayfever®141 |
| Sodium cromoglycate2% 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 exceptionsNo routine exceptions have been identifiedHowever 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 creamCooling burn gel | • Betadine® Dry PowderSpray144 |
| * 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 identifiedSee earlier for general exceptions | Paracetamol 500mgtablets22 and capsules23Paracetamol 120mg/5ml suspension (from 3 months)/sugarfree24Paracetamol 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 capsulesIbuprofen 100mg/5ml liquid/suspension sugar free | * Anadin Ibuprofen®36
* Nurofen®37
* Calprofen®38
* Cuprofen®39
* Anadin Joint Pain®40
 |
| Co-codamol 8/500mgtablets,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 identifiedSee earlier for general exceptions | Ibuprofen 5% gel152 | * Fenbid®153
* Ibuleve®154
* Nurofen®155
 |
| 29. **Mouth ulcers** | No routine exceptions have been identifiedSee earlier for general exceptions | Lidocaine hydrochloride/ chlorocresol/ cetylpyridinium chlorideCholine salicylate/ cetalkonium chlorideBenzocaine | * Bonjela®156
* Anbesol®157
* Orajel®158
 |
| 30. **Nappy rash** | No routine exceptions have been identifiedSee earlier for general exceptions | Titanium dioxide/ titanium peroxide/ titanium salicylate | • Metanium® NappyRash ointment159 |
| Zinc oxide/ benzyl alcohol/ benzylbenzoate/lanolin | • Sudocrem® AntisepticHealing Cream149 |

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| **Condition** | **Exceptions** | **Medication** | **Common brands** |
| 31. **Oral thrush** | No routine exceptions have been identifiedSee earlier for general exceptions | Miconazole 2% oral gel 15g160 | • Daktarin® Oral Gel160 |
| 32. **Prevention of dental caries (dental decay)** | No routine exceptions have been identifiedPrescription only medicines need to be re-directed to the dentist to prescribeSee earlier for general exceptions | Mouthwashes such as chlorhexidine gluconateFluoride toothpaste | • Corsodyl®161 |
| 33. **Ringworm/ Athletes foot** | Lymphoedema or history of lower limb cellulitisSee earlier for general exceptions | Miconazole 2% cream162Miconazole powder163Miconazole 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 identifiedSee earlier for general exceptions | Paracetamol 500mg tablets, capsules, effervescent tabletsParacetamol 120mg/5ml suspension (from 3 months) sugar freeParacetamol 250mg/5ml suspension (from 6 years old) sugar free | * Anadin Paracetamol®26
* Mandanol®27
* Panadol®28
* Hedex®29
* Calpol®30
 |
| Ibuprofen 200mg, 400mg capsules andtablets31-34Ibuprofen 100mg/5ml liquid sugar free35 | * Anadin Ibuprofen®36
* Nurofen®37
* Calprofen®38
* Cuprofen®39
* Anadin Joint Pain®40
 |
| Teething gel | Bonjela®156Dentinox® TeethingGel170 |

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| **Condition** | **Exceptions** | **Medication** | **Common brands** |
| 35. **Threadworms** | No routine exceptions have been identifiedSee earlier for general exceptions | Mebendazole 100mg tablets | • Ovex®171 |
| 36. **Travel sickness** | No routine exceptions have been identifiedSee earlier for general exceptions | Cinnarizine tablets15mg | • Stugeron® Tablets15mg172 |
| Hyoscinehydrobromide tablets150mcg | * 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® TreatmentGel179 |
| 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
 |