

## **REFERRAL TO LOCAL PHARMACY - NO PRESCRIPTION REQUIRED**

If you have a common condition which can be treated with a medication that is available to buy over the counter from your local pharmacy then you can just visit your pharmacist.

You do not need to make an appointment to speak to the pharmacist, just pop in anytime and they will be happy to help you.

Ask the pharmacist for help and advice on the most appropriate medication to relieve your symptoms for:

|                           |                                   |
|---------------------------|-----------------------------------|
| coughs and colds          | aches and pains                   |
| sore throat               | teething                          |
| hayfever and allergies    | sleep problems                    |
| skin rashes               | travel sickness                   |
| heartburn and indigestion | threadworm                        |
| upset stomach             | head lice                         |
| diarrhoea                 | scabies                           |
| constipation              | athlete's foot                    |
| colic                     | cold sores                        |
| Piles (haemorrhoids)      | fungal skin infections - ringworm |
| headache and migraine     | fungal nail infections            |
| toothache                 | conjunctivitis                    |
| eczema                    | Insect bites                      |

**If at any time you are concerned about your condition or if your symptoms are not improving after a few days of treatment with the over the counter medications you should contact the local pharmacist or the surgery for more advice.**

For more information visit

<http://www.nhs.uk/Livewell/Pharmacy/Pages/Commonconditions.aspx>