

## Self care aware – When should you prescribe?

Pharmacies will only permit the purchase of an over the counter (OTC) preparation **within its licensed indications** and are legally obliged to sell limited quantities of certain medicines. GPs will therefore be required to prescribe an OTC preparation on the NHS in certain circumstances, where clinically appropriate. Due to the extensive range of OTC preparations, the list below has been formulated according to the active ingredients of commonly available OTC preparations and is not brand exhaustive. The checklist also highlights instances where a GP may decide to prescribe an OTC product, but this would still result in the preparation being used in an unlicensed way.

This checklist should be used in conjunction with the national OTC [guidance](#). **Please note: This guidance does not apply to patients with long term (chronic) conditions.**

| OTC condition  | Product                                                   | Restrictions on OTC (therefore must be prescribed)                                                                                                                                                                                                                                                                                                                       | Licence*                                              |
|----------------|-----------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------|
| Acne (mild)    | Benzoyl peroxide 5% gel (e.g. Acnecide®)                  | Pregnancy.<br>Breastfeeding.<br>Children under 12 years.                                                                                                                                                                                                                                                                                                                 | P                                                     |
|                | Nicotinamide 4% gel (e.g. Freeder®)                       | Not be used for severe acne.                                                                                                                                                                                                                                                                                                                                             | GSL                                                   |
| Athlete's foot | Clotrimazole 1% cream (e.g. Canesten®)                    | Pregnancy.<br>Breastfeeding.<br>Not to be used for the treatment of nail or scalp infections.                                                                                                                                                                                                                                                                            | P                                                     |
|                | Clotrimazole 1% spray (e.g. Canesten®)                    |                                                                                                                                                                                                                                                                                                                                                                          |                                                       |
|                | Hydrocortisone 1% & miconazole 2% cream (e.g. Daktacort®) | Patient <10 years old.<br>OTC licence covers inflamed sweat rash & athletes foot.<br>Duration of treatment > 7 days.<br>Patient on warfarin (INR monitoring required).<br>For use on face and anal or genital areas.<br>For treatment of ringworm and secondary infected conditions.<br>Pregnancy.<br>Breastfeeding.<br>Patient has diabetes and is using on their foot. | P (pack size 15g).<br>NOTE: 30g is prescription only. |
|                | Miconazole 2% cream (e.g. Daktarin®)                      | Patient has diabetes and is using on their foot.<br>Patient on warfarin (INR monitoring required).<br>Pregnancy.<br>Breastfeeding.                                                                                                                                                                                                                                       | P                                                     |
|                | Miconazole 2% cutaneous powder (e.g. Daktarin powder®)    | Manufacturer does not recommend using for the treatment of hair and nail infections.<br>Patient on warfarin (INR monitoring required).<br>Pregnancy.<br>Breastfeeding.                                                                                                                                                                                                   | P                                                     |
|                | Terbinafine 1% cutaneous solution (e.g. Lamisil Once®)    | Patient < 18 years old (unlicensed).<br>OTC licence covers single dose treatment of athlete's foot.<br>Pregnancy.<br>Breastfeeding (manufacturers advises to avoid use).<br>Patient has diabetes and is using on their foot.                                                                                                                                             | GSL                                                   |
|                | Terbinafine 1% cream (e.g. Lamisil AT®)                   | Patient < 16 years old.<br>For the treatment of nail infections.<br>Pregnancy.<br>Breastfeeding.<br>Patient has diabetes and is using on their foot.                                                                                                                                                                                                                     | GSL<br>NOTE: 30g is prescription only.                |

| OTC condition                                                                                                         | Product                                                                                             | Restrictions on OTC (therefore must be prescribed)                                                                                                                                                                                                                                                                                       | Licence*                                                                                                                                 |
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| Burns and Scalds (minor)<br><br>NOTE: serious burns always require appropriate medical attention.                     | Cetrimide 0.5% w/w cream (e.g. Savlon®)<br>non-proprietary brands available from various pharmacies | Not licensed for use in body cavities- for external use only.                                                                                                                                                                                                                                                                            | GSL                                                                                                                                      |
| Cold Sore (infrequent, of the lip)                                                                                    | Aciclovir 5% cream (e.g. Zovirax Cold Sore®)                                                        | OTC licence covers treatment of a cold sore caused by herpes simplex virus, for use on lips and face <u>only</u> and not on eyes, genitals, mouth or nose.<br>Duration of treatment > 10 days.<br>Immunocompromised.<br>Pregnancy.<br>Breastfeeding.                                                                                     | GSL (pack size 2g)                                                                                                                       |
| Colic (infant)                                                                                                        | Lactase (e.g. Colief® drops)                                                                        | Patient falls within ACBS criteria.                                                                                                                                                                                                                                                                                                      | GSL                                                                                                                                      |
|                                                                                                                       | Simeticone (e.g. Infacol®)                                                                          | Thyroid disorder.                                                                                                                                                                                                                                                                                                                        |                                                                                                                                          |
|                                                                                                                       | Activated Dimeticone (e.g. Dentinox infant Colic Drops®)                                            | Thyroid disorder.                                                                                                                                                                                                                                                                                                                        |                                                                                                                                          |
| Bacterial conjunctivitis(> 2 years old)                                                                               | Chloramphenicol 0.5% eye drops (e.g. Optrex® infected eye drops)                                    | Patient < 2 years old.<br>Pregnancy and breastfeeding (manufacturer advises to avoid use).<br>OTC licence covers treatment of bacterial conjunctivitis only for a maximum of 5 days.                                                                                                                                                     | P                                                                                                                                        |
|                                                                                                                       | Chloramphenicol 1% eye ointment (e.g. Optrex® bacterial conjunctivitis eye ointment)                | Disturbed vision, pain within the eye, eye injury, photophobia, eye inflammation associated with a rash on the scalp or face, cloudy eye, unusual pupil, foreign body in the eye, recent eye infection, glaucoma, dry eye syndrome, eye surgery or laser treatment in the last 6 months, current use of other eye drops or eye ointment. |                                                                                                                                          |
| Constipation (infrequent)<br>NOTE: Further investigation required by GP if patient has not responded to OTC laxatives | Bisacodyl 5mg GR tablets (e.g. Dulcolax®)                                                           | Patient < 12 years old.<br>Should not be taken continuously for more than five days without investigating the cause of constipation.<br>Pregnancy.<br>Breastfeeding.                                                                                                                                                                     | GSL (only Dulcolax Adult pack size 20 tablets)<br><br>P (Dulcolax Twelve Plus tablets and suppositories and Adult pack size 100 tablets) |
|                                                                                                                       | Docusate 100mg capsules (e.g. DulcoEase®)                                                           | Patient < 12 years old (unlicensed).<br>Pregnancy.<br>Breastfeeding.                                                                                                                                                                                                                                                                     | GSL/P depending on brand                                                                                                                 |

| OTC condition                                                                                                                   | Product                                                                                                       | Restrictions on OTC (therefore must be prescribed)                                                                                                                                                                                                                                   | Licence*                                                                                      |
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| Constipation (infrequent) continued<br>NOTE: Further investigation required by GP if patient has not responded to OTC laxatives | Glycerol suppositories (1g, 2g, 4g)                                                                           | Patient has diabetes (known to affect glucose control).<br>Avoid in first trimester of pregnancy.<br>1g suppositories are only suitable for infants < 1 year old.<br>2g suppositories are only suitable for children > 1 year old.<br>4g suppositories are only suitable for adults. | GSL                                                                                           |
|                                                                                                                                 | Ispaghula husk 3.5g sachets (e.g. Fybogel Hi-Fibre sachets®)                                                  | Patient < 6 years old (unlicensed).<br>Chronic use in conjunction with medication known to inhibit peristaltic movement.<br>Use in elderly and/or debilitated patients.<br>Diabetic patients or thyroid.<br>May be used in pregnancy and breastfeeding if needed.                    | GSL                                                                                           |
|                                                                                                                                 | Lactulose solution                                                                                            | Chronic use.                                                                                                                                                                                                                                                                         | P                                                                                             |
|                                                                                                                                 | Macrogol 3350 powder sachets (e.g. Movicol®)                                                                  | Patient < 12 years old (NOTE: Movicol paediatric® is available but this is a prescription only medication).                                                                                                                                                                          | P                                                                                             |
|                                                                                                                                 | Senna 7.5mg tablets (e.g. Senokot®)                                                                           | Patient < 12 years old.<br>No bowel movement after 3 days.<br>Duration of treatment > 7 days.<br>Chronic use as part of a complex treatment plan.<br>Use during pregnancy and breastfeeding is not recommended.                                                                      | GSL (Adult pack of 20 tablets)<br>P (Senokot 12 Years Plus and Adult packs of 60/100 tablets) |
|                                                                                                                                 | Senna 7.5mg/5ml syrup (e.g. Senokot® 12 Years Plus)                                                           | Patient < 12 years old.<br>Same restrictions as above.<br>Use during pregnancy and breastfeeding is not recommended.                                                                                                                                                                 | P (150ml and 500ml)                                                                           |
| Coughs, colds and nasal congestion                                                                                              | Menthol and Eucalyptus Inhalation BP                                                                          | Patient < 3 months old (unlicensed).                                                                                                                                                                                                                                                 | GSL                                                                                           |
|                                                                                                                                 | Pseudoephedrine 60mg tablets (e.g. Sudafed®)                                                                  | Patient < 12 years old (unlicensed).<br>Patient requires a product or a combination of products which contain more than 720mg of pseudoephedrine (or 180mg of ephedrine) or they require both pseudoephedrine and ephedrine containing products.                                     | P                                                                                             |
|                                                                                                                                 | Saline nasal spray (e.g. Sterimar Nasal spray®)                                                               | No OTC restrictions.<br>(Sterimar baby is suitable from birth)                                                                                                                                                                                                                       | GSL                                                                                           |
|                                                                                                                                 | Simple linctus BP                                                                                             | Patient < 12 years old (unlicensed).<br>Pregnancy and breastfeeding.                                                                                                                                                                                                                 | GSL                                                                                           |
|                                                                                                                                 | Simple linctus paediatric BP                                                                                  | Patient < 1 year old (unlicensed).<br>Duration of treatment > 5 days.                                                                                                                                                                                                                | GSL                                                                                           |
| Cradle Cap (infant)                                                                                                             | Sodium lauryl ether sulfo-succinate 6% / Sodium lauryl ether sulfate 2.7% shampoo (e.g. Dentinox Cradle Cap®) | Do not use on broken skin or infected skin.                                                                                                                                                                                                                                          | GSL                                                                                           |

| OTC condition              | Product                                                  | Restrictions on OTC (therefore must be prescribed)                                                                                                                                                                                                                                                                                                                                                                                                                    | Licence*                 |
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| Cystitis (mild)            | Sodium citrate 4g oral powder sachets (e.g. CanesOasis®) | Duration of treatment > 2 days.<br>Not to be used in men and children under 16 years, during pregnancy or if breastfeeding (manufacturer advises to avoid use).<br>Dark or cloudy urine or blood in urine.<br>Stomach, groin or back pain.<br>High temperature.<br>Symptoms after 2 day course is completed.                                                                                                                                                          | GSL                      |
|                            | Potassium citrate 3g granules (e.g. Cystopurin®)         | Consult your doctor if:<br>• You are a man.<br>• You are under 18 years of age.<br>• You have a history of heart problems or kidney disease.<br>• Your urine is dark or cloudy or has blood in it.<br>• You have unusually heavy vaginal discharge.<br>• You have stomach, groin or back pain.<br>• You have high body temperature and general tiredness.<br>• You suffer from phenylketonuria, since this product contains aspartame.<br>Pregnancy and breastfeeding | GSL                      |
| Dandruff                   | Ketoconazole 2% shampoo (e.g. Nizoral®)                  | Patient < 12 years old.<br>OTC licence covers treatment of dandruff and seborrheic dermatitis (scalp) only.                                                                                                                                                                                                                                                                                                                                                           | GSL (60ml)<br>P (100ml)  |
| Dental caries (prevention) | Chlorhexidine gluconate 0.2% mouthwash (e.g. Corsodyl®)  | Patient < 12 years old                                                                                                                                                                                                                                                                                                                                                                                                                                                | GSL                      |
| Dermatitis (mild irritant) | Clobetasone butyrate 0.05% cream (e.g. Eumovate®)        | Patient < 12 years old.<br>OTC licence covers treatment of eczema and dermatitis only.<br>Pregnancy.<br>Breastfeeding (avoid use on breasts).<br>Duration of treatment > 7 days.                                                                                                                                                                                                                                                                                      | P                        |
|                            | Crotamiton 10% cream (e.g. Eurax®)                       | Patient < 3 years old.<br>Pregnancy and breastfeeding.                                                                                                                                                                                                                                                                                                                                                                                                                | GSL                      |
|                            | Crotamiton 10%/Hydrocortisone 0.25% (e.g. Eurax HC®)     | Patient < 10 years old.<br>Duration of treatment > 7 days.<br>Pregnancy (manufacturer advises to avoid use, especially during first three months).<br>Breastfeeding.                                                                                                                                                                                                                                                                                                  | P                        |
|                            | Hydrocortisone 1% cream/ointment                         | Patient < 10 years old.<br>For use on face and anal or genital areas.<br>Pregnancy (manufacturer reports there may be a small risk of side effects to foetus).<br>Duration of treatment > 7 days.                                                                                                                                                                                                                                                                     | P (15g only, 30g is POM) |

| OTC condition                                                      | Product                                                                                                                                                                                                                                                                                                                   | Restrictions on OTC (therefore must be prescribed)                                                                                                                                                                                                                                                                                                                        | Licence*                                     |
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| Diarrhoea (less than 48 hours in adults)                           | Loperamide 2mg capsules<br>(e.g. Imodium®)                                                                                                                                                                                                                                                                                | Patient <12 years old (for diarrhoea) or patient < 18years (relief of acute episodes of diarrhoea associated with diagnosed IBS).<br>No improvement within 48 hours or requiring treatment > 2 weeks.<br>Severe diarrhoea after taking antibiotics<br>Manufacturer advises to avoid use during pregnancy or if breastfeeding.<br>Chronic use as part of a treatment plan. | GSL (pack size 6,12)<br>P (other pack sizes) |
|                                                                    | Potassium chloride, sodium chloride, glucose, disodium hydrogen citrate (e.g. Dioralyte® relief sachets)                                                                                                                                                                                                                  | Patient < 1 years old, children under 2 should be seen as soon as possible<br>Symptoms last for more than 24 to 48 hours.<br>Chronic or persistent diarrhoea.<br>Patients with severe liver or renal disease.<br>Patients on low potassium/sodium diets.<br>Patients with diabetes.                                                                                       | GSL                                          |
| Dry eye/sore, tired eyes                                           | Carmellose sodium 0.5% eye drops<br>(e.g. Optive®)                                                                                                                                                                                                                                                                        | No OTC restrictions.                                                                                                                                                                                                                                                                                                                                                      | No licence                                   |
|                                                                    | Hydroxypropyl guar, polyethylene glycol 400 0.4%, propylene glycol 0.3%<br>(e.g. Systane Eye Drops®)                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                           |                                              |
|                                                                    | Sodium hyaluronate eye drops<br>(e.g. Hylo-Tears®)                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                           |                                              |
|                                                                    | Hypromellose 0.3% eye drops                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                                           | GSL / P depending on brand                   |
| Dry skin conditions with no diagnosis (mild)                       | Should only prescribe an emollient for a diagnosed skin condition and product choice should be in line with local guidance. <ul style="list-style-type: none"><li>Aveeno® Cream and lotion for over 3 month old</li><li>E45 for children over 1 month old</li><li>Cetaban® Cream and lotion for over 1 year old</li></ul> |                                                                                                                                                                                                                                                                                                                                                                           | GSL                                          |
| Earwax (excessive)                                                 | Urea hydrogen peroxide 5% ear drops<br>(Otex®)                                                                                                                                                                                                                                                                            | Patients with a history of ear problems.                                                                                                                                                                                                                                                                                                                                  | P                                            |
|                                                                    | Olive oil ear drops                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                           | GSL                                          |
| Food items (not on agreed guidelines)                              | Prescribing of gluten free products in patients with learning disabilities or if there is concern for patient welfare. See local gluten free guidance for further details.<br>Prescribing of milk products in children < 2 years old with Cow's Milk Protein Allergy should be in line with local CMPA guidance.          |                                                                                                                                                                                                                                                                                                                                                                           |                                              |
| Fungal Nail Treatment                                              | The routine prescribing of topical antifungal nail preparations is not recommended.                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                           |                                              |
| General wellbeing (vitamins, supplements, minerals and probiotics) | Vitamin D supplements                                                                                                                                                                                                                                                                                                     | Patient requires high doses of vitamin D for deficiency purposes (only if levels <30nmol/L) as per local guidance.                                                                                                                                                                                                                                                        | GSL                                          |

| OTC condition                                        | Product                                                                   | Restrictions on OTC (therefore must be prescribed)                                                                                                                                                                                                            | Licence*                                             |
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| Haemorrhoids                                         | Zinc oxide, bismuth oxide, balsam peru (e.g. Anusol® cream/suppositories) | Chronic use as part of a treatment plan.<br>Not recommended for use in children (< 18 years old).<br>Rectal bleeding or blood in the stool.<br>Pregnancy.<br>Breastfeeding.                                                                                   | GSL                                                  |
| Hayfever/<br>seasonal rhinitis<br>(mild to moderate) | Beclomethasone 0.05% nasal spray (e.g. Beconase®)                         | Patient < 18 years old.<br>Cases of chronic rhinitis (OTC product advises patients to consult doctor if using for more than 3 consecutive months).<br>Pregnancy.<br>Breastfeeding.                                                                            | GSL (100 doses)<br>P (180 doses)                     |
|                                                      | Budesonide 64mcg nasal spray (e.g. Benacort®)                             | Patient < 18 years old.<br>No improvement within 2 weeks or if symptoms not adequately controlled.<br>Cases of chronic rhinitis (OTC product advises patients to consult doctor if using for more than 3 consecutive months).<br>Pregnancy.<br>Breastfeeding. | GSL (60 doses)<br>P (120 doses)                      |
|                                                      | Fluticasone 0.05% nasal spray (e.g. Pirinase Allergy®)                    | Patient < 18 years old.<br>Cases of chronic rhinitis (OTC product advises patients to consult doctor if using for more than 3 consecutive months).<br>Pregnancy.<br>Breastfeeding.                                                                            | GSL (60 doses)<br>P (120 doses)                      |
|                                                      | Mometasone 50mcg nasal spray (Clarinaze Allergy Control®)                 | Patient < 18 years old.<br>No improvement within 2 weeks or if symptoms not adequately controlled.<br>Cases of chronic rhinitis (OTC product advises patients to consult doctor if using for more than 3 consecutive months).<br>Pregnancy.<br>Breastfeeding. | P                                                    |
|                                                      | Triamcinolone acetate 55mcg nasal spray (e.g. Nasacort®)                  | Patient < 18 years old.<br>Cases of chronic rhinitis (PIL advises patients to consult doctor if using for more than 1 month).<br>Pregnancy.<br>Breastfeeding.                                                                                                 | GSL                                                  |
|                                                      | Acrivastine 8mg capsules (e.g. Benadryl Allergy Relief®)                  | Patient < 12 years old or >65 years old (unlicensed).<br>Renal impairment.<br>Pregnancy.<br>Breastfeeding.                                                                                                                                                    | GSL (pack of 12 capsules)<br>P (pack of 24 capsules) |

| OTC condition                                                        | Product                                                      | Restrictions on OTC (therefore must be prescribed)                                                                                                                                                                                                                                                                               | Licence*                                             |
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| Hayfever/<br>seasonal<br>rhinitis (mild to<br>moderate)<br>continued | Chlorphenamine maleate 4mg tablets (e.g. Piriton®)           | Patient < 6 years old (NOTE: Piriton® liquid available, please see below).<br>Epilepsy.<br>Raised intra-ocular pressure including glaucoma.<br>Prostatic hypertrophy.<br>Severe hypertension or cardiovascular disease.<br>Bronchitis, bronchiectasis or asthma.<br>Hepatic or renal impairment.<br>Pregnancy.<br>Breastfeeding. | P                                                    |
|                                                                      | Chlorphenamine maleate 2mg/5ml oral solution (e.g. Piriton®) | Patient < 1 years old (unlicensed).<br>Same restrictions as tablets                                                                                                                                                                                                                                                              | P                                                    |
|                                                                      | Cetirizine 10mg tablets                                      | Patient < 6years old (NOTE: cetirizine liquid available, please see below).<br>Epilepsy.<br>Renal impairment.<br>Urinary retention.<br>Pregnancy.<br>Breastfeeding.                                                                                                                                                              | GSL (pack sizes 7 or 14 tablets)<br>P (30, 60 sizes) |
|                                                                      | Loratadine 10mg tablets                                      | Patient < 2 years old or body weight ≤ 30kg (NOTE: loratadine syrup available, please see below).<br>Severe liver impairment.<br>Manufacturer advises to avoid use during pregnancy and if breastfeeding.                                                                                                                        |                                                      |
|                                                                      | Fexofenadine 120mg tablets (e.g. Allevia®)                   | Patient < 12 years old.<br>Elderly.<br>Only licensed for allergic rhinitis not urticaria.<br>History of or current cardiovascular disease.<br>Liver or hepatic impairment.<br>Pregnancy.<br>Breastfeeding.                                                                                                                       | GSL                                                  |
|                                                                      | Cetirizine 1mg/1ml oral solution                             | Patient < 2 years old (NOTE: unlicensed).<br>Pregnancy.<br>Breastfeeding.<br>Same restrictions as tablets.                                                                                                                                                                                                                       | GSL (70ml)<br>P (100ml)                              |
|                                                                      | Loratadine 5mg/5ml oral syrup                                | Patient < 2 years old (unlicensed).<br>Manufacturer advises to avoid use during pregnancy and if breastfeeding.<br>Same restrictions as tablets.                                                                                                                                                                                 | P                                                    |
|                                                                      | Sodium cromoglicate 2% eye drops (e.g. Opticrom®)            | Patient < 6 years old.<br>Pregnancy.<br>Breastfeeding.                                                                                                                                                                                                                                                                           | GSL/P depending on brand                             |

| OTC condition             | Product                                                                                                       | Restrictions on OTC (therefore must be prescribed)                                                                                                                                                                                                                                                                                                                                       | Licence*                      |
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| Headlice                  | Dimeticone 4% lotion/ cutaneous solution(e.g. Hedrin®)                                                        | Patient < 6 months old.                                                                                                                                                                                                                                                                                                                                                                  | GSL/P                         |
|                           | Permethrin 1% rinse (e.g. Lyclear Crème Rinse)                                                                | Patient < 6 months old.<br>Pregnant.<br>Breastfeeding.                                                                                                                                                                                                                                                                                                                                   | P                             |
|                           | Malathion aqueous lotion 0.5% (e.g. Derbac- M®)                                                               | Patient < 6 months old.<br>Pregnant.<br>Breastfeeding.                                                                                                                                                                                                                                                                                                                                   | P                             |
| Heartburn/<br>Indigestion | Sodium alginate and potassium hydrogen carbonate liquid (e.g. Gaviscon Advance® liquid)                       | Patient < 12 years old.<br>Symptoms are persistent after 7 days.<br>Renal impairment (high in sodium)                                                                                                                                                                                                                                                                                    | GSL (pack size 150ml & 300ml) |
|                           | Sodium alginate, calcium carbonate and sodium bicarbonate liquid (e.g. Gaviscon Double Action® liquid)        |                                                                                                                                                                                                                                                                                                                                                                                          | GSL                           |
|                           | Sodium alginate and potassium bicarbonate tablets (e.g. Gaviscon Advance mint chewable tablets®)              |                                                                                                                                                                                                                                                                                                                                                                                          | GSL (60 tabs)                 |
|                           | Sodium alginate, calcium carbonate and sodium bicarbonate tablets (e.g. Gaviscon Double Action mint tablets®) |                                                                                                                                                                                                                                                                                                                                                                                          | GSL                           |
|                           | Sodium alginate, calcium carbonate and sodium bicarbonate liquid (e.g. Gaviscon Original® liquid)             | Patient < 12 years old (unlicensed).<br>Symptoms are persistent after 7 days.<br>Renal impairment (high in sodium).                                                                                                                                                                                                                                                                      | GSL                           |
|                           | Esomeprazole 20mg g/r tablets/capsules (e.g. Nexium control®)                                                 | Patient < 18 years old.<br>Adults over 55 years with new or recently changed symptoms.<br>Patient requires a daily dose > 20mg.<br>Previous gastric ulcer or gastrointestinal surgery.<br>Jaundice, hepatic impairment, or liver disease.<br>Hepatic impairment.<br>Endoscopy or urea breath test.<br>HIV medication.<br>Pregnancy.<br>Breastfeeding.<br>For chronic use (over 14 days). | GSL                           |
|                           | Omeprazole 20mg g/r tablets (e.g. Pyrocalm control®)                                                          |                                                                                                                                                                                                                                                                                                                                                                                          | GSL                           |
|                           | Pantoprazole 20mg g/r tablets (e.g. Pantoloc control®)                                                        |                                                                                                                                                                                                                                                                                                                                                                                          | P                             |

| OTC condition           | Product                                                                            | Restrictions on OTC (therefore must be prescribed)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Licence*                                                      |
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| Insect bites and stings | Mepyramine maleate 2% cream (e.g. Anthisan®/Anthisan bite and sting relief cream®) | Patients < 2 years old (unlicensed).<br>Treatment > 3 days.<br>Pregnancy.<br>Breastfeeding.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | P- Anthisan®<br>GSL-<br>Anthisan bite and sting relief cream® |
|                         | All OTC treatments listed under 'Dermatitis' can also be used.                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                               |
| Migraine (infrequent)   | Paracetamol, codeine, buclizine combination tablets (e.g. Migraleve pink®)         | Patient < 12 years old (unlicensed).<br>OTC licence only covers for diagnosed migraine and a maximum of 3 day use.<br>Renal/hepatic impairment.<br>Pregnancy.<br>Breastfeeding (manufacturer advises to avoid use).                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | P                                                             |
|                         | Prochlorperazine maleate 3mg buccal tablets (i.e. Buccastem M®)                    | Patient < 18 years old.<br>OTC licence only covers treatment of nausea and vomiting associated with migraines.<br>Pregnant or breastfeeding (manufacturer does not recommend use).                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | P                                                             |
|                         | Sumatriptan 50mg tablets (e.g. Migratan®)                                          | <p><u>NOTE: Prior to selling OTC, the patient will be assessed against a treatment criteria. If not suitable for OTC treatment, the patient would normally be advised to seek further advice from their GP.</u></p> <ul style="list-style-type: none"> <li>• Patient &lt; 18 years old or &gt; 65 years old. History of ≥ 5 migraine attacks within at least 1 year.</li> <li>• Dose &gt; 100mg (2x50mg) required in 24 hours to control symptoms or further treatment required for the same attack.</li> <li>• Duration of a single migraine attack is &gt; 24 hours. Special consideration should be given to post-menopausal women and men over 40.</li> <li>• Patients with ≥ 3 risk factors for heart disease e.g. hypercholesterolaemia, regular smoking, marked obesity, diabetes or a family history of early heart disease (father/brother developed heart disease before the age of 55, mother/sister developed heart disease before the age of 65).</li> <li>• Change in pattern of migraine symptoms, or whose attacks have become more frequent, more persistent, or more severe, or who do not recover completely between attacks.</li> <li>• Patient ≥ 50 years experiencing migraine symptoms for the first time. Patient has ≥ 4 migraine attacks per month.</li> <li>• Patient on combined oral contraceptive and have experienced migraine attacks started recently (within the last 3 months), symptoms have worsened or they have migraine with aura. Use in hemiplegic migraine, basilar migraine, ophthalmoplegic migraine (not recommended).</li> <li>• Pregnancy and breastfeeding.</li> </ul> | P                                                             |

| OTC condition                                                                           | Product                                                | Restrictions on OTC (therefore must be prescribed)                                                                                                                                                                                                                                                                                                                                        | Licence*                                                                                            |
|-----------------------------------------------------------------------------------------|--------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|
| Minor conditions associated with pain, discomfort, and fever (e.g. headache, back pain) | Aspirin 300mg tablets                                  | Patient <16 years old.<br>Quantities ≥ 96 tablets (quantities ≥ 32 sold at the clinical discretion of a pharmacist).<br>Renal/hepatic impairment.<br>For chronic diagnosed pain use.<br>Pregnancy (manufacturer advises to avoid use during third trimester).<br>Breastfeeding (manufacturer advises to avoid use).                                                                       | GSL (pack of 16 tablets)<br>P (pack size of 32 tablets)                                             |
|                                                                                         | Co-codamol 8mg/500mg tablets/soluble tablets/capsules  | Patient <12 years (unlicensed).<br>Severe renal or hepatic impairment.<br>Pregnancy.<br>Breastfeeding (manufacturer advises to avoid use).<br>Chronic use (OTC product can be used for a maximum of 3 days).<br>Patient requires higher strength of 15/500mg or 30/500mg tablets which are prescription only.                                                                             | P                                                                                                   |
|                                                                                         | Ibuprofen 200mg/400mg tablets                          | Patient <12 years old.<br>Quantities ≥ 96 tablets (quantities ≥ 24 may be sold at the clinical discretion of a pharmacist).<br>Daily doses of > 1200mg required<br>For chronic diagnosed pain use.<br>Unstable hypertension or severe heart failure.<br>Severe renal or hepatic impairment.<br>Taking anticoagulants.<br>Pregnancy (manufacturer advises to avoid use).<br>Breastfeeding. | GSL: 200mg (pack size of 16 tablets)<br>P: 200mg (pack size ≥ 24 tablets) and 400mg (any pack size) |
|                                                                                         | Naproxen 250mg g/r tablets (e.g. Period Pain Reliever) | Patient < 15 years old or > 50 years old.<br>OTC licence covers treatment of primary dysmenorrhea for a maximum of 3 days per a cycle only.<br>Pregnancy (manufacturers advises to avoid use in third trimester).<br>Breastfeeding (manufacturer advises to avoid use).                                                                                                                   | P                                                                                                   |
|                                                                                         | Paracetamol 500mg tablets/capsules/soluble tablets     | Patient < 10 years old for tablets, < 12 years old for capsules and soluble tablets<br>Quantities ≥ 96 tablets (quantities ≥32 sold at the clinical discretion of a pharmacist).<br>For diagnosed chronic pain use.<br>Severe renal or severe hepatic Impairment.                                                                                                                         | GSL(pack size of 16 tablets)<br>P (pack size of 32 tablets)                                         |
|                                                                                         | Paracetamol 120mg/5ml suspension (e.g.Calpol Infant®)  | Patient <2 months old (unlicensed)<br>Baby is 2-3 months old and was born before 37 weeks or weighs less than 4kg<br>Severe renal or severe hepatic impairment.                                                                                                                                                                                                                           | GSL (100ml)<br>P (200ml)                                                                            |

| OTC condition                                                                                     | Product                                                                                         | Restrictions on OTC (therefore must be prescribed)                                                                                                                                                                              | Licence*                   |
|---------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------|
| Minor conditions associated with pain, discomfort, and fever (e.g. headache, back pain) continued | Paracetamol 250mg/5ml suspension (e.g. Calpol SixPlus®)                                         | Patient < 6 years old (unlicensed). Severe renal or severe hepatic Impairment.                                                                                                                                                  | GSL100ml)<br>P (200ml)     |
|                                                                                                   | Paracetamol suppositories (60mg, 125mg, 250mg) (e.g. Alvedon)                                   | Patient < 3 months (for 60mg strength). Patient < 1 years old (125mg strength). Patient < 6 years old (250mg strength). In all patient groups where hepatic and renal function monitoring is required.                          | P                          |
|                                                                                                   | Ibuprofen 5% gel                                                                                | Patient < 12 years old<br>Chronic use as part of a treatment plan.<br>Pregnancy.<br>Breastfeeding.                                                                                                                              | GSL (30g,50g)<br>P (100g)  |
|                                                                                                   | Ibuprofen 10% gel                                                                               |                                                                                                                                                                                                                                 | GSL (30g,50g)              |
|                                                                                                   | Diclofenac 1.16% gel (e.g. Voltarol®)                                                           | Patient < 14 years old (unlicensed). Patient (adult) has used OTC product for more than 14 days. Patient (child aged 14 years and over) has used OTC product for more than 7 days.                                              | GSL/P                      |
|                                                                                                   | Diclofenac 2.32% gel (e.g. Voltarol 12 hour®)                                                   | Pregnancy (manufacturer advises to avoid use in third trimester). Breastfeeding (manufacturer advises to avoid use breast, on large areas of skin or for prolonged use).                                                        | GSL (30g, 50g)<br>P (100g) |
|                                                                                                   | Mucopolysaccharide polysulphate 0.2% w/w & salicylic acid 2.0% (e.g. Movelat cream/gel®)        | The routine prescribing of rubefacients is not recommended as NHSE have categorised these as products of low clinical effectiveness.                                                                                            | P                          |
| Mouth ulcers                                                                                      | Choline salicylate 8.7% oromucosal gel sugar free (Bonjela®)                                    | NOTE: contraindicated for use in patients < 16 years old (link between the use of salicylates and Reye's Syndrome).<br>Pregnancy.<br>Breastfeeding.<br>Ulcers which have not healed after 7 days of treatment.                  | GSL                        |
|                                                                                                   | Lidocaine hydrochloride 0.5% & cetylpyridinium chloride 0.025% oromucosal gel (Bonjela Junior®) | Licensed for patients > 5 months old. Hepatic or cardiac dysfunction.<br>Pregnancy.<br>Breastfeeding.                                                                                                                           | GSL                        |
|                                                                                                   | Hydrocortisone 2.5mg muco-adhesive buccal tablets                                               | Patient < 12 years old.<br>Pregnancy.<br>Breastfeeding.<br>Mouth infection (and patient has not been treated for this).<br>Ulcers which have not healed after 5 days of treatment.<br>Ulcers which recur quickly after healing. | P                          |

| OTC condition                         | Product                                                                                                                                                                  | Restrictions on OTC (therefore must be prescribed)                                                                                                                                                                | Licence*   |
|---------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|
| Nappy rash                            | Titanium dioxide, titanium peroxide, titanium salicylate ointment (e.g. Metanium nappy rash ®)                                                                           | No OTC restrictions.                                                                                                                                                                                              | GSL        |
|                                       | Aqua, lanolin ointment (e.g. Bepanthen nappy care ointment®)                                                                                                             |                                                                                                                                                                                                                   | GSL        |
|                                       | Zinc oxide, Benzyl alcohol, Benzyl benzoate, Benzyl cinnamate Lanolin (e.g. Sudocrem®)                                                                                   |                                                                                                                                                                                                                   |            |
| Oral Thrush                           | Miconazole 2% oromucosal sugar-free gel (e.g. Daktarin oral gel®)                                                                                                        | Patient < 4 months old (unlicensed).<br>Pregnancy.<br>Breastfeeding.<br>Co-administration with drugs whose metabolism is affected miconazole may require careful monitoring (e.g. oral anticoagulants- warfarin). | P<br>(15g) |
| Ringworm                              | Clotrimazole 1% cream (Canesten®) and Clotrimazole 1% solution (Canesten®) can be used. For further on product specific information, see under Athlete's Foot treatment. |                                                                                                                                                                                                                   |            |
| Sore throat (acute)                   | Benzydamine 0.15% oromucosal spray (e.g. Diffiam®)                                                                                                                       | Pregnancy.<br>Breastfeeding.                                                                                                                                                                                      | P          |
|                                       | Benzydamine 0.15% oral rinse (Diffiam oral rinse®)                                                                                                                       | Patient < 12 years old (unlicensed).<br>Duration of use > 7 days.<br>Pregnancy.<br>Breastfeeding.                                                                                                                 | P          |
|                                       | Lidocaine 2mg / Amylmetacresol 0.6 mg / 2,4-dichlorobenzyl alcohol 1.2 mg (e.g. Chloralieve®)                                                                            | Patient < 12 years old.<br>Duration of use > 5 days.<br>Asthma.<br>Elderly.<br>Pregnancy.<br>Breastfeeding.                                                                                                       | P          |
|                                       | Flurbiprofen 8.75mg lozenges (e.g. Strefen®)                                                                                                                             | Patient < 12 years old (unlicensed).<br>Duration of treatment > 3 days.<br>Last trimester of pregnancy and during breastfeeding (manufacturer does not recommend).                                                | P          |
| Sunburn (from excessive sun exposure) | Calamine 4.0% w/w and Zinc Oxide 3.0% w/w (e.g. Aqueous calamine cream®)                                                                                                 | No restrictions.                                                                                                                                                                                                  | GSL        |
|                                       | Calamine lotion BP                                                                                                                                                       | No OTC restrictions.                                                                                                                                                                                              | GSL        |
|                                       | Crotamiton 10% cream (e.g. Eurax cream®) can also be used. For further details on product specific information see under Dermatitis treatment.                           |                                                                                                                                                                                                                   |            |

| OTC condition        | Product                                                                                                     | Restrictions on OTC (therefore must be prescribed)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Licence* |
|----------------------|-------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|
| Sun protection       | Uvistat lipscreen SPF 50®                                                                                   | No restrictions.<br>Should be prescribed for ACBS approved indication of photodermatoses.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | None     |
|                      | Uvistat Suncream SPF 30®                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |          |
|                      | Uvistat Suncream SPF50®                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |          |
| Sweating (excessive) | Aluminium chloride hexahydrate (e.g. Driclor®)                                                              | OTC licence covers treatment of hyperhidrosis affecting the armpits (axillae), the hands and feet only.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | P        |
| Teething             | Lidocaine hydrochloride 0.33% & cetalkonium chloride 0.01% gel (e.g. Bonjela® teething gel)                 | Patients <2 months old.<br>Heart disease and liver disease.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | GSL      |
| Toothache (mild)     | Clove oil                                                                                                   | Patient < 2 years old (unlicensed).<br>Pregnancy and breastfeeding (manufacturer advises to avoid use).                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | GSL      |
|                      | Benzocaine 10% w/w gel (e.g. Orajel ®)                                                                      | Patient < 12 years old (unlicensed).<br>Pregnancy.<br>Breastfeeding.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | GSL      |
|                      | Benzocaine 20% w/w gel (Orajel extra strength®)                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | P        |
| Threadworms          | Mebendazole 100mg tablets (e.g. Ovex®)                                                                      | Patient < 2 years old.<br>OTC license covers treatment of threadworms only.<br>Patient requires a daily dose >100mg<br>Pregnancy (manufacturer advises to avoid use).<br>Breastfeeding.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | P        |
| Thrush (short-term)  | Clotrimazole 10% internal & 2% external cream combi (e.g. Canesten® Thrush Combi Internal & External Cream) | Patients < 16 years old or >60 years old.<br>First time having these symptoms.<br>More than 2 episodes of thrush within last 6 months.<br>Patient or partner has or had a STD.<br>Underlying conditions which predisposes patient to develop thrush.<br>No improvement in symptoms within 7 days.<br>Pregnancy.<br>Breastfeeding.<br>Patient has any of the following symptoms:<br><ul style="list-style-type: none"> <li>Irregular vaginal bleeding.</li> <li>Abnormal vaginal bleeding or a blood-stained discharge.</li> <li>Ulcers, blisters or sores of the vagina or vulva.</li> <li>Lower abdominal pain.</li> <li>Pain or difficulty in passing urine.</li> <li>Fever or chills.</li> <li>Feeling sick or vomiting.</li> <li>Diarrhoea.</li> </ul> A foul smelling discharge from the vagina. | GSL/P    |
|                      | Clotrimazole 2% cream (e.g. Canesten Thrush® Cream)                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | P        |
|                      | Clotrimazole 500mg pessary & 2% external cream (e.g. Canesten® Thrush Combi Pessary & External Cream)       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | GSL      |
|                      | Fluconazole 150mg oral capsule & 2% external cream (Canesten Thrush Duo®)                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | P        |
|                      | Fluconazole 150mg oral capsule (e.g. Canesten®)                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | P        |

| OTC condition                  | Product                                                                                         | Restrictions on OTC (therefore must be prescribed)                                                                                                                                                                                                 | Licence*                                                                                    |
|--------------------------------|-------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|
| Travel protection/<br>sickness | Cinnarizine 15mg tablets<br>(i.e. Stugeron®)                                                    | Patient < 5 years old (unlicensed).<br>OTC licence covers treatment of symptoms associated with motion sickness only.<br>Parkinson's disease.<br>Renal or hepatic impairment.<br>Pregnant and breastfeeding (manufacturer does not recommend use). | P                                                                                           |
|                                | Hyoscine 300mcg tablets<br>(e.g. Kwells®)                                                       | Patient < 10 years old (unlicensed).<br>OTC licence covers prevention of travel sickness only.<br>Pregnancy.<br>Breastfeeding.                                                                                                                     | P                                                                                           |
|                                | Hyoscine 150mcg tablets (e.g. Kwells Kids®)                                                     | Patient < 4 years old (unlicensed)<br>Same as above                                                                                                                                                                                                | P                                                                                           |
| Verrucae and Warts             | Salicylic acid 12% & lactic acid 4% gel<br>(e.g. Bazuka® gel/ Bazuka treatment gel)             | Patient < 2 years old.<br>OTC licence does not cover use near the face, neck, armpits, breasts, bottom or genital regions, or by diabetics or individuals who suffer from poor blood circulation to the hands or feet.                             | GSL- Bazuka treatment gel                                                                   |
|                                | Salicylic Acid 26.0%<br>(e.g. Bazuka® extra strength gel/ Bazuka extra strength treatment gel®) |                                                                                                                                                                                                                                                    | P- Bazuka gel<br>GSL- Bazuka extra strength treatment gel®<br>P- Bazuka extra strength gel® |

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|---------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Version       | 2.0                                                                                                                                                                                                                                                                                                             |
| Developed by  | Mehmood Rashid, Medicines Optimisation Pharmacist, South & West Herts, HWE ICB                                                                                                                                                                                                                                  |
| Date ratified | V5.0 October 2023; V4.0 December 2022 (HWE ICB Medicines Optimisation Delivery and Implementation Group) V3.0 November 2018; v2.0 May 2018; v1.0 October 2017 (Medicines Optimisation Clinical Leads Group HVCCG); v3.0 November 2018; v2.0 June 2018; v1.0 October 2017 (Primary Care Commissioning Committee) |
| Review date   | October 2026                                                                                                                                                                                                                                                                                                    |