



Excellent healthcare – locally delivered

**NHS**  
Bexley

Clinical Commissioning Group

# Over the counter products

Last year in Bexley we spent £1.4 million on over the counter self care products.

Many minor ailments can be treated at home with the support of your local pharmacy if needed. Over the counter products for self care are things like pain relief and cough and cold remedies, and these items can be bought from pharmacies and supermarkets without a prescription.

By spending less on prescribing these easily-purchased medicines, the NHS in Bexley can spend this money on other NHS treatments.

For advice and information on what to do when illness strikes, including when to self care, visit [www.bexleyccg.nhs.uk](http://www.bexleyccg.nhs.uk).

This practice is unable to routinely prescribe medicines for self-care that can be bought readily from supermarkets and pharmacies without a prescription.

Thank you for your understanding.

## Acne creams

Anti-diarrhoeal medication for short-term use

## Anti-fungal treatment for short-term minor ailments

Anti-perspirants

## Baby colic treatment

Camouflage creams

## Cold sore creams

Complementary and alternative preparations

## Cough and cold remedies

Ear wax removers

## Eye drops

Gluten-free products

## Head lice and scabies treatment

Haemorrhoidal preparations for short-term use

## Indigestion remedies

Infant formulas (lactose-free, soya-based and 'staydown' (anti-reflux) baby milks)

## Laxatives for short-term use

Mouthwashes and mouth ulcer treatment

## Nappy rash cream

Painkillers for short-term pain control e.g. headaches

## Hay fever treatments

Sun creams

## Threadworm treatment

Topical steroids for short-term use for bites, stings or mild dermatitis

## Vitamins and supplements

Warts and verruca treatment

