

# Prescribing of over the counter medicines is changing

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In 2017/18 over £1.5M was spent on prescriptions in Buckinghamshire for items that can be bought over the counter. So from October 2018 your GP, nurse or pharmacist will not generally give you a prescription for certain medicines that are available to buy in a pharmacy or supermarket, even if you qualify for free prescriptions.  
\*See website for exceptions.

## This applies to treatments for these conditions:

- Acute sore throat
- Minor burns and scalds
- Conjunctivitis
- Mild cystitis
- Coughs
- Colds and nasal congestion
- Mild dry skin
- Cradle cap
- Mild irritant dermatitis
- Dandruff
- Mild to moderate hay fever
- Diarrhoea (adults)
- Dry eyes/sore tired eyes
- Mouth ulcers
- Earwax
- Nappy rash
- Excessive sweating
- Infant colic
- Sunburn
- Infrequent cold sores of the lip
- Sun protection
- Infrequent constipation
- Teething/mild toothache
- Infrequent migraine
- Insect bites and stings
- Travel sickness
- Mild acne
- Warts and verrucas

Further information can be found at  
[\\*www.buckinghamshireccg.nhs.uk/otc](http://www.buckinghamshireccg.nhs.uk/otc)

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