

306 Medical Centre: SELF CARE AND OTC MEDICINES ON PRESCRIPTION

'NHS Southwark CCG no longer supports the routine prescribing on the NHS of medications for short term illnesses and minor conditions and health supplements'.
Further information [here](#). See below for list of example OTC medicines (it's not exhaustive).

GSL = General Sales List – Medicine may be bought from retail stores, such as a newsagent, a supermarket or a vending machine in a shop.

P = Pharmacy Only – Medicine can be bought only from pharmacies and under a pharmacist's supervision.

OTC Self Care	Example	Classification	
Analgesics (painkillers) for short-term use	Aspirin 75mg + 300mg	GSL	
	Co-codamol 8/500mg + 12.5/500mg	P	
	Diclofenac 1.16% Gel (Voltarol) 30g, 40g, 50g, 60g, and 100g	GSL or P	
	Diclofenac 2.32% gel (Voltarol 12 Hour gel) 30,50 and 100g	P	
	Ibuprofen 200mg, 400mg	GSL or P	
	Naproxen 250mg Tablets 9 tab (Feminax Ultra)	P	For the treatment of primary dysmenorrhoea in women aged 15 to 50 years only
	Paracetamol	GSL or P	
Anti-diarrhoeal medication for short term use (up to 72 hours)	Loperamide	GSL or P	
	Kaolin + Morphine Mixture	P	
Antifungal treatment for short term minor ailments	Clotrimazole 1+2% cream (Canesten)	P	
	Clotrimazole 100, 200 + 500mg Pessary (Canesten)	P	
	Clotrimazole 1% Spray and Solution	P	
	Econazole 1% Cream (pevaryl 1% Cream)	P	
	Fluconazole 150mg Capsule (1)	P	
	Ketoconazole 2% Shampoo (60ml or 100ml) (Nizoral)	P	
	Ketoconazole 2% Cream -15g (daktarin Gold)	P	
	Miconazole 2% cream + Powder	P	
Micoazole Oral gel (15G) + Miconazole spray	P		
Antiperspirants	Aluminium Chloride 20% solution (Anhydrol, Driclor)	P	
Cold sore treatment	Aciclovir 5% cream 2g	GSL + P	

Colic treatment	Simeticone (dentinox, Infacol)	P	
Cough and cold remedies	Pholcodine	P	
	Codeine linctus	P	
	Simple Linctus	GSL	
	Sodium Chloride 0.9% Nasal spray or drops	P	
Ear wax removers	Almond Oil	GSL	
	Docusate Soudim (waxsol) ,	p	
	Olive Oil	GSL	
	Peanut oil + chlorobutanol (Cerumol)	P	
	Urea (Exterol 5%, Otex 5%)	P	
Eye treatments	Chloramphenicol 0.5% Eye drops or ointment	P	
Eye lubricating products	Carbomer 0.2% 980 (Viscotears, liquitears, gel tears, lumecare xailin)	P	
	Carmellose 1% and 0.5% (Celluvisc)	P	
	Hypromellose 0.3% (Xailin, SoftDrops, Lumecare) and 0.5% (Ispoto Plain)	P	
Head lice treatment and scabies treatment	Permethrin 5% Dermal Cream (Lyclear)	P	
	Dimeticone 4% Lotion (Lyclear, Hedrin)	P	
	Dimeticone 4% Spray (Hedrin)	GSL	
	Malathion 0.5% Liquid (Debac- M)	P	
	Permethrin 1% crème rinse (Lyclear)	P	
Haemorrhoidal preparations for short term use (5-7 days)	Anusol Plus HC (Hydrocortisone) ointment (15g)	P	
	Anusol Plus HC (hydrocortisone) suppositories (12)	P	
	Germoloids HC spray (30ml)	GSL	
	Anusol Soothing Relief ointment (15g)	GSL	
	Anusol Soothing Relief suppositories (12)	GSL	
Herbal and complementary supplements			
Indigestion remedies	Sodium Alginate Calcium carbonate Sodium Bicarbonate (Gaviscon, Rennies)	GSL and P	
	Bismuth subsalicylate (Pepto Bismol liquid and tablet)	P	
	Esomeprazole 20mg tablets (Nexium Control) 7 - 14 tablets	GSL	

	Pantoprazole 20mg tablets (Pantoloc)	P	
	Ranitidine 75mg tablets (Zantac) 6 - 12 tablets	GSL	
	Ranitidine 75mg tablets (Zantac) 24 - 48 tablets	P	
	Simeticone 125mg (windeaze)	P	
Laxatives for short term use (up to 72 hours)	Lactulose (Liquid + Sachets)	P	
	Movicol (Sachet + Liquid), Cosmocol, Laxido	P	
	Docusate Sodium 100mg Caps 30	GSL	
	Docusate Sodium 100mg Caps 100	P	
	Docusate Enema (Norgalax)	P	
	Docusate 12.5mg/5ml oral solution (300ml)	P	
	Senna Tablets (60) + Syrup (150ml)	GSL	Tablets not licensed for use in children under 6 years. Syrup not licensed for use in children under 2 years.
	Senna Syrup (500ml)	P	
	Senna Tablets (100)	P	
	Bisacodyl 5 mg + 10mg Suppository (dulcolax)	P	
	Bisacodyl 5 mg Tablets (60 +)	P	10 - 40 tablets available GSL
	Ispaghula Husk 3.5g (Fybogel)	GSL	
	Fybogel Mebeverine	P	
	Glycerol 1g, 2g and 4g suppositories (12)	GSL	
Mouth wash	Benzydamine 0.15% Mouthwash + Throat Rinse (Difflam)	P	
	Chlorhexidine Gluconate 0.2% (Corsodyl) 300ml	GSL	
Mouth ulcers treatment	Chlorhexidine 1% dental Gel	P	
Nappy rash treatment	Conotrane	GSL	
	Metanium Ointment	GSL	
	Drapolene	GSL	
	Sudocrem,	GSL	
	Zinc and Castor oil Ointment	GSL	
Hay fever medicines	Acrivastine (Benadryl Allergy Relief)	12 caps = GSL 24 Caps = P	

	Cetirizine 10mg	30 tabs = P 7 tabs = GSL	
	Loratadine 10mg Tablet	30 tabs = P 7 tabs = GSL	
	Loratadine 1mg/1ml oral solution (100ml and 120ml) (70ml = GSL)	P	
	Fluticasone propionate 0.05% nasal spray 60 dose,	GSL and P	
	Sodium cromoglicate 2% eye drops 5 or 10ml	GSL and P	
	Beclometasone dipropionate 50 microgram (Beconase) 180 dose	P	
	Beclometasone dipropionate 50 microgram (Beconase) 100 dose	GSL	
Threadworm tablets	Mebendazole 100mg 1- 4 tabs (Ovex)	P	
	Mebendazole 100mg/5ml - 30ml (Ovex)	P	
Topical acne treatment which is available over the counter	Benzyol Peroxide 4% cream (Brevoxyl)	P	
	Benzoyl Peroxide 5% gel/Gel Wash (Acnecide)	P	
	Nicotinamide 4% gel (Frederm, Nicam)	P	
Topical steroids for short term use (up to 1 week) for bites, stings or mild dermatitis	Hydrocortisone 0.1%, 1% cream (15g)	P	
Vitamins and minerals		GSL	
Warts and verruca treatment	Salicylic acid 50% ointment (Verrugon, Wartex)	P	
	Lactic Acid and Salicylic Acid Gel (Bazuka, salactac and Cuplex gel)	P	
	Salicylic acid 2% Ointment	GSL	
	Salicylic Acid 26% solution (Occlusal)	P	
	Glutaraldehyde 10% (Glutarol Solution)	P	
	Silver Nitrate Pencils and treatment kits all strengths (Avoca)	P	

TRAVEL VACCINES

The following vaccines are available on NHS prescriptions for travel abroad:

- Hepatitis A
- Typhoid
- Combined hepatitis A and typhoid
- Combined tetanus
- Diphtheria and polio
- Cholera

The following vaccines are NOT available on NHS prescriptions, of a private prescription must be issued to obtain supply and a fee may be charged to the administration of these vaccines (administration costs of these vaccines cannot be claimed back from NHS).

- Hepatitis B (single agent)
- Meningitis ACWY135
- Yellow fever
- Japanese B encephalitis
- Tick-borne encephalitis
- Rabies vaccine

Hep B vaccine for occupational health is the responsibility of the patient's employer to provide

Please see [CCG position statement](#) for further information.

MALARIA PROPHYLAXIS

Antimalarials to be prescribed on private prescriptions only. Some antimalarials are available to purchase from pharmacy. Below is a list of available antimalarials and the estimated costs. Further CCG information [here](#).

Please note the costs below are subject to change depending on the quantity of tablets required

Malaria tablet costs	Brand	Pack Size	Cost	Prescription status
Atovaquone 62.5/ Proguanil 25mg	Mafamoz 62.5mg/25mg tablets	12 tabs	Around £11.39	POM - Prescription only medicine -
	Malarone Paediatric tablets			
	Reprapog 62.5mg/25mg tablets			
Atovaquone 250mg / Proguanil 100mg	Mafamoz 250mg/100mg tablets	12 tabs	Around £45	POM
	Malarone tablets			
	Generic			
	Reprapog 250mg/100mg tablets			
	Maloff Protect 250mg/100mg tablets (Adults only)	24 tabs	£46	P - Pharmacy only - Patient can purchase from pharmacy
Maloff Protect 250mg/100mg tablets (Adults only)	36 tabs	£70	P	
Chloroquine phosphate 250mg tablets	Avloclor 250mg tablets	14 tabs	£15.00	P
Chloroquine phosphate 16mg/1ml syrup	Malarivon 80mg/5ml syrup	75ml	Around	POM

			£90+	
Chloroquine phosphate with Proguanil hydrochloride	Paludrine/Avloclor tablets anti-malarial travel pack	112 tabs	£22.00	P
Doxycycline 100mg Capsules	N/A - Generic	50 caps	£10.00	POM
Mefloquine (Lariam®)	Lariam 250mg tablets	8 tabs	£23.80	POM
Paludrine 100mg tablets	N/A - Generic	98 tabs	£15.00	P