

Appendix 1

# Pharmacy First

## Common illness scheme

### Protocols and Formulary



## Disclaimer

The content included in this document concerning product descriptions and licence status correct at the time of preparation. Specifications may be subject to new regulations or clinical guidelines. The reader should refer to the most up-to-date product information at all times. All references were accessed on 18/03/15.

# FORMULARY

The drugs listed below are the only products that may be issued under the scheme

## Gastro-intestinal system

### Constipation

Macrogol (Movicol) sachets (1x20)  
Senna tablets 7.5mg tablets (1x20)  
Ispaghula husk 3.5g sachets (1x30)  
Docusate sodium(Dioctyl) capsules (1x30)  
Lactulose solution (1x300ml)

### Dyspepsia

Gaviscon suspension (1x150ml)  
Ranitidine 75mg tablets (1x12)  
Gaviscon Cool tablets (1x16 )

### Diarrhoea

Loperamide 2mg capsules (1x12)  
Oral re-hydration therapy sachets (Electrolade or Dioralyte) (1x6)

### Haemorrhoids

Anusol cream or ointment (1x25g)  
Anusol Plus HC ointment (1x15g)  
Anusol Plus HC suppositories (1x12)  
Ispaghula husk 3.5g sachets (1x30)

## Pain and Fever

### Headache

Paracetamol 500mg tablets (1x32)  
Paracetamol 250mg/5ml suspension (1x100ml)  
Ibuprofen 200mg tablets (1x24)  
  
Ibuprofen 400mg tablets (1x24)  
Ibuprofen 100mg/5ml suspension (1x100ml)

### Fever

Paracetamol 500mg tablets (1 x 32)  
Paracetamol paed. susp. 120mg/5ml 100ml  
Paracetamol suspension 250mg/5ml 100ml  
Ibuprofen tablets 200mg (1 x 24)  
Ibuprofen tablets 400mg (1 x 24)  
Ibuprofen suspension 100mg/5ml 100ml

### Teething

Paracetamol 120mg/5ml paediatric suspension (1x100ml)  
Dentinox teething gel 15g

## Respiratory system

### Allergic rhinitis (hayfever)

Chlorphenamine 4mg tablets (1x28)  
Chlorphenamine 2mg/5ml liquid (sugar free) (1x150ml)  
Loratadine 10mg tablets (1x30)  
Loratadine 5mg/5ml syrup (1x100ml)  
Sodium cromoglicate 2% eye drops (1x5ml)  
Beclometasone nasal spray 50mcg/spray (1x200 dose)  
Cetirizine 1mg/ml solution (1x200 ml)  
Cetirizine 10mg tablets (1x30)

### Sore throat

Soluble Paracetamol 500mg tablets (1x24)  
Paracetamol 120mg/5ml paediatric suspension (1x100ml)  
Paracetamol 250mg/5ml suspension (1x100ml)  
Soluble Aspirin 300mg tablets {>16yrs only} (1x32)  
Ibuprofen 200mg tablets (1x24)  
Ibuprofen 400mg tablets (1x24)  
Benzydamine 0.15% (Difflam) spray (1x30ml)  
Benzydamine 0.15% (Difflam) mouthwash

(1x200ml)

### Viral upper respiratory tract infection

Paracetamol 500mg tablets (1x32)  
Paracetamol 250mg/5ml suspension (1x100ml)  
  
Ibuprofen 200mg tablets (1x24)  
Ibuprofen 400mg tablets (1x24)  
Ibuprofen 100mg/5ml suspension (1x100ml)  
Saline nasal drops (1x10ml)  
Menthol and eucalyptus inhalation (1x100ml)

## Musculoskeletal joint disease

### Soft tissue injury

Paracetamol 500mg tablets (1x32)  
Paracetamol paediatric suspension 120mg/5ml (1x100ml)  
Paracetamol 250mg/5ml suspension (1x100ml)  
Ibuprofen 200mg tablets (1x24)  
Ibuprofen 400mg tablets (1x24)  
Ibuprofen 5% gel (1x30g)

## Skin

### Athlete's foot

Terbinafine 1% cream (Lamsil AF) (1x15g)  
Miconazole 2% cream (1x30g)  
Clotrimazole 1% cream (1x20g)

### Cold sores

Aciclovir 5% cream (1x2g tube)

### Contact dermatitis

Zerocream cream (1x50gm)  
Hydrocortisone 1% cream (1x15g)

### Headlice

Metal detection comb (x1)  
Dimeticone (Hedrin) 4% lotion (1x50ml)  
Dimeticone (Hedrin) 4% Lotion (1x150ml)

### Insect bites and stings

Hydrocortisone 1% cream (1x15g)  
Chlorphenamine 4mg tablets (1x28)  
Chlorphenamine 2mg/5ml liquid (sugar free) (1x150ml)  
Paracetamol 500mg tablets (1x32)  
Paracetamol 120mg/5ml paediatric suspension (1x100ml)  
Paracetamol 250mg/5ml suspension (1x100ml)

### Itching associated with Chicken pox

Calamine aqueous cream (1x100g)  
Eurax lotion (1x100ml)  
Chlorphenamine 2mg/5ml liquid (1x150ml)

### Mouth ulcers

Choline salicylate (Bonjela) {Adults only} (1x15g)  
Benzzydamine 0.15% mouthwash (1x200ml)  
Hydrocortisone 2.5mg mucoadhesive buccal tabs (*formerly Corlan Pellets*) (1x20)  
Chlorhexidine 0.2% mouthwash (1x300ml)

### Nappy rash

Sudocrem (1x60g)  
Zinc/castor oil ointment BP (1x225g)  
Clotrimazole 1% cream (1x20g)

### Vaginal Thrush

Clotrimazole 500mg pessary (x1)  
Clotrimazole 2% cream (1x20g)  
Fluconazole 150mg capsule (x1)  
Clotrimazole 10% vaginal cream (x1)

### Minor burns and scalds

Melolin dressing 5x5cm (up to 3) plus  
Micropore tape 1.25cm (x1)

Paracetamol 500mg tablets (1x32)  
Paracetamol 250mg/5ml suspension (1x100ml)  
Ibuprofen 200mg tablets (1x24)  
Ibuprofen 400mg tablets (1x24)  
Ibuprofen 100mg/5ml suspension (1x100ml)

## Eye & Ear

### Conjunctivitis

Chloramphenicol 0.5% eye drops (1x10ml)  
Chloramphenicol 1% eye ointment (1x4g)

### Earwax

Olive oil ear drops (1x10ml)  
Sodium bicarbonate 5% ear drops (1x10ml)

## Other Conditions

### Threadworms

Mebendazole 100mg (Ovex single dose)  
tablet (x1)

Mebendazole 100mg/5ml (Ovex) oral suspension  
(1x30ml)

Mebendazole 4x100mg (Ovex Family pack) tablets (x1)