



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.

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

