



# Restricted over the counter medicines

NHS Shropshire Clinical Commissioning Group have identified medicines that are readily available to buy from local pharmacies, shops or supermarkets.

NHS Shropshire Clinical Commissioning Group will support GPs to reduce their prescribing of these products improving quality, safety and cost effectiveness.

Ask your pharmacist for advice.

## Creams, Lotions and Drops

**Creams, gels & supports for sprains and sports injuries**  
e.g. Ibuprofen gel, Voltarol Gel®

**Sun creams & antiperspirants**  
e.g. Sunsense Ultra® SPF 50+, Driclor®

**Moisturisers for minor dry skin conditions**  
e.g. E45® cream, Oilatum®

**Head lice lotions**  
e.g. Hedrin®, Derbac-M®

**Eye drops for dry eyes**  
e.g. Hypromellose, Viscotears®

**Antifungal preparations**  
e.g. Daktarin®, Canesten®

**Treatments for minor acne**  
e.g. Freederm®, Panoxyl®

**Simple wart & verrucae treatments**  
e.g. Bazuka®, Duofilm®

**Soap substitutes**  
e.g. ZeroAQS®

**Ear wax removers**  
e.g. Otex®, olive oil ear drops

## Tablets and Liquids

**Pain killers for minor aches and pains**  
e.g. paracetamol, ibuprofen, Calpol®

**Treatments for non-serious constipation or diarrhoea**  
e.g. senna, Imodium®  
**Hayfever treatments such as antihistamines & nasal sprays**  
e.g. Piriton, Beconase®

**Indigestion remedies**  
e.g. Gaviscon®, Peptac®

**Cough & cold remedies**  
e.g. simple linctus, Tixylit®

**Lozenges, throat sprays, mouthwashes & gargles**  
e.g. Difflam®, Corsodyl®, Strepsils®

**Threadworm tablets**  
e.g. Mebendazole, Ovex®

**Tonics, vitamins & health supplements**  
e.g. I-Caps®, vitamins

**Rehydration sachets**  
e.g. Dioralyte®, Electrolade®

**Sinus rinses**  
e.g. Sterimar®

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