

NHS Shropshire CCG does not support the routine prescribing of medication that is available to buy from local pharmacies or supermarkets for children or adults.

The medications listed below are examples of medicines that should be purchased by the patient/parent/guardian. **This list is not exhaustive.**

Creams, Lotions, Drops and Suppositories

Creams, gels & supports for sprain injuries

e.g. Ibuprofen Gel, Voltarol Gel®

Haemorrhoidal preparations

e.g. Anusol®

Medicated shampoos

e.g. Alphosyl, Capasal

Moisturising creams, gels, ointments etc. for dry skin with no diagnosis

Chloramphenicol (patients ≥2yrs)

Bath oils & shower gels unless recommended by Specialist

Simple wart & verrucae treatments

e.g. Bazuka®, Duofilm®

Antifungal preparations

e.g. Daktarin®, Canesten®

Products for Molluscum contagiosum

Lubricating eye drops

Head lice lotions

e.g. Hedrin®, Derbac-M®

Tablets and Liquids

Painkillers for minor aches and pains

e.g. paracetamol, ibuprofen, Calpol®

Treatments for short-term constipation or diarrhoea

e.g. senna, Imodium®

Rehydration sachets

e.g. Dioralyte®, Electrolade®

Indigestion remedies for short-term use

e.g. Gaviscon®, Peptac®

Cough & cold remedies

e.g. simple linctus, Tixylix®

Lozenges, throat sprays, mouthwashes & gargles

e.g. Difflam®, Corsodyl®, Strepsils®

Hay fever treatments such as antihistamines, nasal sprays and eye drops (patients ≥18yrs)

e.g. Piriton, Beconase®

Tonics, vitamins including Vitamin D

e.g. I-Caps®, multivitamins

Threadworm treatments

e.g. Mebendazole, Ovex®

Sinus rinses

e.g. Sterimar®

Lactose free & Comfort Milks

e.g. SMA Lactose Free, Wysoy, Aptamil Anti-Reflux

Ask your local pharmacist for advice on the best medicines to treat minor illnesses or for more information visit our website

www.shropshireccg.nhs.uk/medicines-management