



Over the Counter Medications

GP practices have been requested not to prescribe medicines for minor ailments since these items are available over the counter. Note: this applies to all patients including those who do not pay prescription charges.

Your local pharmacists are trained professionals who can help you select the best treatment for your problem and will also advise if they feel a GP visit is more appropriate.

The list of ailments is quite long but the most common ones include coughs and colds, conjunctivitis, cradle cap, dry/sore eyes, bites and stings, hay fever, athlete's foot/ringworm, travel sickness and minor aches and pains.