Treating minor conditions

Think Pharmacist
Minor conditions are generally not a serious health problem and can be treated with Over The Counter medications available from your local pharmacy.

Examples of minor conditions that do not require a visit to your doctor or a prescription, and that your local pharmacist can help you with include:

- Aches and pains (minor)
- Acne (mild)
- Athlete’s foot
- Back pain (one-off)
- Blocked nose
- Cold sores
- Colic
- Common cold
- Constipation (one-off)
- Coughs
- Cystitis (mild)
- Diarrhoea (one-off)
- Dry eye
- Dry or irritated skin
- Ear wax
- Eczema (mild)
- Eye infection (minor)
- Fungal skin and nail infections
- Hay fever
- Headaches (one-off)
- Head lice
- Heartburn
- Indigestion
- Insect bites and stings
- Migraines
- Mouth ulcer (minor)
- Nappy rash
- Period pain
- Piles
- Ringworm
- Scabies
- Skin rash
- Sleep problems (short-term)
- Sore throat
- Teething
- Temperature (small increase)
- Threadworms
- Toothache
- Travel sickness
- Vaginal thrush
- Verruca
- Warts

This list is not exhaustive and your local pharmacist may be able to help you with other minor conditions too. **If you are not sure whether your condition is minor or serious, speak to your pharmacist first.** By asking a few questions, your pharmacist will be able to advise if you need to see a doctor.

For more information on minor conditions visit: [http://www.nhs.uk/Livewell/Pharmacy/Pages/Commonconditions.aspx](http://www.nhs.uk/Livewell/Pharmacy/Pages/Commonconditions.aspx)
As soon as you become concerned about your condition ask your local pharmacist first for advice because:

- Pharmacists are qualified health professionals and have the knowledge and skills to help and advise you on the best course of action. You may not need to see a doctor, but can get helpful advice or buy a treatment for your condition. Hence you could save time and start to feel better quicker.

- Pharmacies are accessible and convenient as many of them are open late nights and weekends. They can be found in local communities, on the high street, in some supermarkets and in shopping centres.

- There is no need for an appointment to speak to the pharmacist; just pop in any time and they will be happy to help you.

If you can’t get to your local pharmacy yourself, ask someone to go for you or call your local pharmacy. Details of your local pharmacy and their opening times can be found here: www.nhs.uk/chemist
What may happen if I go to see my doctor when I have only a minor condition?

Your doctor may not give you a prescription but advise you to buy an appropriate treatment from your local pharmacy. These are often cheaper to buy than the charge for an NHS prescription.

Patients should not request prescriptions for medicines to treat minor conditions.

What if I don’t feel better?

If at any time you are concerned about your condition or if your symptoms are not improving after a few days of treatment with Over The Counter medication, you should contact your pharmacist or doctor for more advice.
Look after yourself, look after your NHS

The time spent by doctors treating minor conditions which could be treated at home costs the NHS an average of £2 billion per year\(^1\). This is the equivalent of 45 million doctor consultations\(^2\) which could have been used instead for patients with complex health problems and long term chronic illnesses. Seeking advice from your local pharmacist first will minimise the time spent by doctors on minor conditions, hence it may be easier for you to get an appointment with your doctor when you have a more serious condition.

Think Pharmacist

References


If you would like this information in another language or another format, including audio tape, braille or large print, please call 01473 770 014.

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<thead>
<tr>
<th>Language</th>
<th>Translation</th>
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<tbody>
<tr>
<td>Polish</td>
<td>Jeżeli potrzebujesz pomocy w zrozumieniu tych informacji w swoim języku zadzwoń na podany poniżej numer.</td>
</tr>
<tr>
<td>Portuguese</td>
<td>Se precisar de ajuda para ler estas informações em outra língua, por favor telefone para o número abaixo.</td>
</tr>
<tr>
<td>Lithuanian</td>
<td>Jeigu jums reikia suprasti šia, informacija, kita kalba prašom skambinti šiuo numeriu apačioje</td>
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<tr>
<td>Tagalog</td>
<td>Kung kailangan mo ng tulong para maunawaan and informasiy on sa pamamagitan ng ibang salita, maaaring tumawag sa</td>
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<td>French</td>
<td>Ci vous avez besoin d’aide pour comprendre cet information an une différente langue, s’il vous plait contacter le numero ci dessous. Merci.</td>
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<td>Bengali</td>
<td>এই লেখাটি যদি অন্য ভাষায় বুঝতে চান তাহলে নিচের নম্বরে ফোন করুন</td>
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