

# Useful medicines and treatments to keep at home



## USEFUL MEDICINES AND TREATMENTS TO KEEP AT HOME

### **There are some medicines and treatments that you should buy and do not need a prescription for.**

These include:

- Medicines for coughs, colds, hay fever or indigestion
- Moisturisers or bath additives
- Pain killers for minor aches and pains
- Antiperspirants
- Athlete's foot creams and powders
- Creams for nappy rash, bruising, tattoos or varicose veins
- Creams, gels or bandages for sprains or sports injuries
- Head lice lotions and shampoos
- Lozenges, throat sprays, mouthwashes or gargles
- Treatments for constipation, diarrhoea or threadworms
- Treatments for minor acne
- Drops to remove ear wax
- Tonics, vitamins, health and weight-loss supplements
- Sun creams

These medicines can be bought from your local pharmacy or from some shops and supermarkets. You can find your nearest one at [www.nhs.uk](http://www.nhs.uk)

Common Childhood Illnesses - a guide for patients and carers of children aged birth-5 years is a free guide that is available from your surgery and online at [www.westsuffolkccg.nhs.uk](http://www.westsuffolkccg.nhs.uk)

It is important that you keep your medicine cabinet at home stocked up. It should look like the picture on the front of this leaflet. You can ask your pharmacist for advice on what medication you should have at home.



It is recommended that you always have the following medicines and treatments in your medicine cabinet at home:

- Bandages
- Paracetamol
- Plasters
- Rehydration salts
- Ibuprofen
- Antihistamines
- Indigestion relief
- Eye wash
- Medical tape
- Diarrhoea capsules

This leaflet was put together by the NHS West Suffolk Clinical Commissioning Group (CCG) which commissions health services in Suffolk.  
For more information:

**West Suffolk CCG**

[www.westsuffolkccg.nhs.uk](http://www.westsuffolkccg.nhs.uk)

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