



Which medicines should I buy?



There are some medicines and treatments that you don't need a prescription for.

Please do not ask your doctor to prescribe:

- 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

You can buy these medicines and treatments from a pharmacy or from some shops or supermarkets. Ask your doctor or pharmacist for more information.

For information on the medicines you can buy to treat common childhood illnesses, please ask for a free copy of the booklet from your surgery
"Common Childhood Illnesses—a guide for patients and carers of children aged birth-5 years"