

## REFERRAL TO LOCAL PHARMACY – NO PRESCRIPTION REQUIRED

You have a common condition that can be treated with a medication that is available to buy over the counter from your local pharmacy.

You do not need to make an appointment to speak to the pharmacist, just pop in anytime and they will be happy to help you.

Ask the pharmacist for help and advice on the most appropriate medication to relieve your symptoms for:

coughs and colds	aches and pains
sore throat	teething
hayfever and allergies	sleep problems
skin rashes	travel sickness
heartburn and indigestion	threadworm
upset stomach	head lice
diarrhoea	scabies
constipation	athlete's foot
infant colic	cold sores
Piles (haemorrhoids)	fungal skin infections
headache and migraine	dental & sore mouth products
toothache	conjunctivitis
ear wax	nappy rash
nasal congestion	dry eyes
health supplements	acne
eczema-emollients & bath/shower products	<b>Other</b> - please indicate below

**If at any time you are concerned about your condition or if your symptoms are not improving after a few days of treatment with the over the counter medications you should contact the surgery for more advice.**

**For more information visit**

<http://www.nhs.uk/Livewell/Pharmacy/Pages/Commonconditions.aspx>