

## Prescribing of Medicines for Minor Conditions and Self-limiting Illnesses

In line with guidance from the NI Department of Health, this GP practice does not prescribe medicines:

- (i) that can be purchased over-the-counter by patients when they are being used to treat minor conditions or self-limiting illnesses, *or*
- (ii) where there is no evidence base for their use.

The following points should be noted:

- This practice promotes self-care for **minor conditions and self-limiting illnesses** (see below for examples)
- Medicines on the lists below should be purchased by the patient from community pharmacies or supermarkets and **not prescribed on HS21**
- Patients should be advised that their local community pharmacist can provide advice and help to manage minor conditions and self-limiting illnesses

Clinical judgement should be used when considering whether it is acceptable to ask a patient to purchase their medication e.g. paracetamol PRN for headaches or teething in babies should be purchased, however regular full dose paracetamol for chronic pain should be prescribed due to the quantities and processes involved in managing an on-going illness.

### 1. OTC indications and examples of restricted medicines

OTC indication	Examples of restricted medicines
<b>Aches and pains (mild) e.g. headache, occasional migraine, teething</b>	<ul style="list-style-type: none"> <li>• Anti-inflammatory gels or creams e.g. ibuprofen gel, diclofenac gel</li> <li>• Oral painkillers e.g. paracetamol, ibuprofen</li> </ul>
<b>Athlete’s foot</b>	<ul style="list-style-type: none"> <li>• Antifungal creams e.g. clotrimazole, miconazole, terbinafine</li> </ul>
<b>Cold sores</b>	<ul style="list-style-type: none"> <li>• Anti-viral creams e.g. acyclovir 5%</li> </ul>
<b>Colic</b>	<ul style="list-style-type: none"> <li>• Colic drops e.g. Infacol®, Dentinox Colic Drops®, Colief®</li> <li>• Gripe water</li> </ul>
<b>Coughs, colds and sore throats</b>	<ul style="list-style-type: none"> <li>• Cough bottles</li> <li>• Lozenges and spays for sore throats</li> <li>• Oral painkillers/antipyretics e.g. paracetamol,</li> </ul>

	<p>ibuprofen</p> <ul style="list-style-type: none"> <li>Nasal decongestants e.g. pseudoephedrine tablets, decongestant sprays and drops</li> </ul>
<b>Diarrhoea (occasional) or constipation</b>	<ul style="list-style-type: none"> <li>Oral rehydration solutions e.g. Dioralyte®</li> <li>Antidiarrhoeal medicines e.g. loperamide</li> <li>Laxatives e.g. ispaghula husk (Fybogel®), bisacodyl, lactulose, senna</li> </ul>
<b>Ear wax</b>	<ul style="list-style-type: none"> <li>Drops for softening ear wax</li> </ul>
<b>Fungal nail infections</b>	<ul style="list-style-type: none"> <li>Amorolfine 5% nail lacquer (mild infections only– max 2 nails affected)</li> </ul>
<b>Haemorrhoids (Piles)</b>	<ul style="list-style-type: none"> <li>Haemorrhoid creams, ointments and suppositories e.g. Anusol®</li> </ul>
<b>Hayfever and allergies</b>	<ul style="list-style-type: none"> <li>Oral antihistamines e.g. cetirizine, loratadine, chlorphenamine</li> <li>Antihistamine creams</li> <li>Steroid nasal sprays e.g. beclometasone, fluticasone</li> </ul>
<b>Head lice</b>	<ul style="list-style-type: none"> <li>Head lice lotions and sprays e.g. dimeticone lotion</li> </ul>
<b>Indigestion and heartburn (mild)</b>	<ul style="list-style-type: none"> <li>Antacids e.g. co-magaldrox (Maalox®, Mucogel®)</li> <li>Alginates e.g. Gaviscon®</li> </ul>
<b>Infant feeding</b>	<ul style="list-style-type: none"> <li>Baby milks e.g. comfort milks, lactose free formulas for colic, reflux milks</li> </ul> <p>(Note - some babies may require cow's milk free formulas on HSC prescription where clinically appropriate)</p>
<b>Nappy rash</b>	<ul style="list-style-type: none"> <li>Barrier creams and ointments e.g. Metanium®, Sudocrem®, Zinc and Castor oil cream</li> </ul>
<b>Oral health</b>	<ul style="list-style-type: none"> <li>Mouthwashes e.g. chlorhexidine</li> </ul>
<b>Sunscreen</b>	<ul style="list-style-type: none"> <li>Sunscreens unless for ACBS approved conditions i.e. skin protection against UV radiation in abnormal cutaneous photosensitivity resulting from genetic disorders or photodermatoses, including vitiligo and those resulting from radiotherapy, chronic or recurrent herpes simplex labialis</li> </ul>
<b>Threadworms</b>	<ul style="list-style-type: none"> <li>Mebendazole tablets and suspension</li> </ul>
<b>Vaginal thrush</b>	<ul style="list-style-type: none"> <li>Oral antifungal e.g. fluconazole capsule</li> <li>Topical antifungals e.g. clotrimazole cream and pessaries</li> </ul>
<b>Vitamins and minerals</b>	<ul style="list-style-type: none"> <li>All vitamins and minerals unless in line with an ACBS approved indication, i.e. only in the management of actual or potential vitamin or mineral deficiency; they are not to be prescribed as dietary supplements or as a general 'pick-me-up'</li> </ul>

## 2. Non-evidence based products

<p>Products on Stop List</p> <p>Prescribing of these products is <b>not</b> supported by the HSCB</p>	<p>Bio-Oil</p> <p>CoEnzyme Q10</p> <p>Colic products e.g. Infacol<sup>®</sup> or Dentinox<sup>®</sup></p> <p>Comfort Milks (Aptamil<sup>®</sup>, Cow &amp; Gate<sup>®</sup> and SMA<sup>®</sup>) or Colief<sup>®</sup> drops</p> <p>Cubitan<sup>®</sup></p> <p>Eye Supplements e.g. Icaps<sup>®</sup>, OcuVite<sup>®</sup>, Macushield<sup>®</sup>, PreserVision<sup>®</sup>, Viteyes<sup>®</sup></p> <p>Gamolenic acid / Evening Primrose Oil</p> <p>Glucosamine containing products</p> <p>Gluten free non-staple foods eg biscuits, muffins, sausage rolls</p> <p>Green Lipped Mussel (Pernaton gel<sup>®</sup>)</p> <p>Omega 3 Products e.g. Eye Q<sup>®</sup> and Efalex<sup>®</sup></p> <p>Spatone<sup>®</sup></p>
<p>Products on the Limited Evidence List</p> <p>Products on this list must not be routinely prescribed and reviewed to ensure used only in approved circumstances</p>	<p>Omacor<sup>®</sup> / Maxepa<sup>®</sup></p> <p>Probiotics e.g. VSL#3<sup>®</sup>, lactobacillus, bifidobacterium</p> <p>Quinine</p> <p>Vitamins – Multivitamins, Ascorbic Acid, Forceval<sup>®</sup>, Ketovite<sup>®</sup>, Vitamins BPC, Viviotal<sup>®</sup>, Cod liver oil</p>