

# Medicines you can buy without a prescription

Following a public consultation across Hertfordshire, we will no longer routinely write prescriptions for medicines you can buy yourself.

You can buy treatments and get advice on minor illnesses and short-term conditions from your local pharmacist, who has the clinical expertise to help you to manage your symptoms.



Please do not ask your GP or nurse to prescribe the items below.

- Acne creams (mild) and washes
- Antifungal treatments for athlete's foot and nail infections
- Antifungal treatments for thrush, e.g. Canesten®
- Antihistamines, nasal sprays and eye drops to treat allergies or hayfever
- Antiperspirants
- Barrier creams, e.g. for nappy rash
- Bath oils and shower gels
- Cold sore treatments
- Colic treatments for infants, e.g. Infacol® and gripe water
- Cough, cold and sore throat treatments
- Dental products e.g. toothpastes, mouthwashes, gargles and teething gel
- Diarrhoea treatment (short-term)
- Earwax removers and softeners
- Haemorrhoid treatments
- Head lice treatments
- Indigestion treatments, e.g. antacids, Gaviscon®, Peptac®, ranitidine, omeprazole
- Laxatives for short-term use (less than 72 hours)
- Moisturising creams, gels and ointments for dry skin conditions with no diagnosis
- Painkillers and pain rubs for short-term use, including paracetamol, ibuprofen, Calpol®
- Prescribed foods outside agreed guidelines, e.g. some formula milks for children aged over 2 years old
- Probiotics
- Shampoos, e.g. for dandruff
- Sun creams
- Threadworm tablets
- Travel sickness medicine
- Vitamins and mineral supplements
- Wart and verrucae treatments

