

## Over the Counter medications helpful to treat your condition (ADULTS)

Following your consultation today we recommend the following (ticked / highlighted) medications as useful to treat your condition. All of these are commonly available from local pharmacies and some from local shops.

Please ensure you read the instructions on / in the medications packaging regarding when and how to take these medications, do not use if you are known to be allergic. Do not exceed the recommended daily doses.

We anticipate your symptoms should settle in approximately \_\_\_\_\_ days/weeks, if they do not or should your condition change, worsen or you have any concerns please contact us again. Out-of-Hours please call 111 to discuss your concerns.

### Pain killers

- paracetamol tablets / caplets 500mg
- soluble paracetamol 500mg
- paramol (paracetamol 500mg & dihydrocodeine 10mg)
- co-codamol tablets (paracetamol 500mg / codeine 8mg)
- soluble co-codamol (paracetamol 500mg / codeine 8mg)
- panadol ultra (paracetamol 500mg / codeine 12.5mg)

### Non-steroidal anti-inflammatories (for pain & inflammation)

- ibuprofen tablets / capsules 200mg
- ibuprofen gel 5% or 10%
- voltarol gel 1.16% or 2.32%
- cuprofen plus (ibuprofen 200mg codeine 12.8mg)

### Specific Migraine treatments

- Migraleve Pink (Co-Codamol 8/500 with Buclizine 6.25mg)
- Imigran 50mg (sumatriptan)

### Allergies (including hayfever)

#### Non-drowsy anti-histamine tablets

- Cetirizine 10mg
- Loratadine 10mg

#### Anti-histamine tablets - May cause drowsiness

- Chlorphenamine 4mg

#### Nasal Spray

- Beclometasone Dipropionate 50 micrograms (Beconase)
- Fluticasone Propionate (Pirinase)
- Sterimar spray

### Eye Drops / Ointment

- Sodium cromoglycate (for allergy)
- Chloramphenicol (Ointment or drops for infection)

### Ear

- Olive oil as spray
- Sodium bicarbonate

### Decongestants

#### Tablet

- Pseudoephedrine hydrochloride (Sudafed)

#### Nasal Sprays

- Eucalyptus Oil (Otrivine)

**Sore Throat**

- Benzocaine lozenge (Tyrozets)
- Benzocaine spray (Ultra Chloraseptic)
- Benzydamine oral rinse (Difflam)

**Oral thrush**

- Miconazole gel 2%

**Cough**

- Pholcodine cough linctus

**Skin minor inflammation / fungal infection**

- Moisturisers – emulsiderm, hydromol, oilatum, dermol, doublebase
- Hydrocortisone 1% (generic branding) - inflammation
- Clotrimazole 1% (Canesten AF) - fungal
- Hydrocortisone 1% / Clotrimazole 1% (Canesten HC) - fungal
- Hydrocortisone 1% / Miconazole 2% (Daktacort cream) – fungal

**Acne**

- Benzoyl peroxide 5 – 10%
- Nicotinamide 4%

**Warts/Verruca**

- Salicylic acid gel 12-26%

**Urine infection**

- Sodium citrate – Canesten Oasis / Cymalon
- Potassium citrate – Cysto purin

**Stomach preparations****Nausea / vomiting**

- Prochlorperazine (buccastem)
- Bismuth subsalicylate (Pepto Bismol)
- Cinnarizine (Stugeron 15) for travel sickness
- Hyoscine hydrobromide (Kwells) for travel sickness

**Diarrhoea**

- Loperamide 2mg (Imodium)
- Rehydration sachets (Dioralyte)

**Constipation**

- Glycerol Suppositories
- Senna [sennosides] (Ex-lax, Senokot)
- Bisacodyl (Dulcolax)
- Docusate sodium (Dulcoease)
- Ispaghula husk (Fybogel)
- Macrogol

**Antacid**

- Gaviscon – various presentations, tablet / oral suspension
- Ranitidine

**Abdominal cramps**

- Hyoscine Butylbromide (Buscopan)
- Peppermint oil capsules

**Haemorrhoids**

- Anusol / Anusol plus HC – ointment or suppositories

**Worms**

- Mebendazole suspension/tablets