

Details of your local pharmacy and their opening times can be found here:

www.nhs.uk/chemist



Write down details of your local pharmacy here:

Telephone number: _____

Address: _____

Opening times

Monday _____

Tuesday _____

Wednesday _____

Thursday _____

Friday _____

Saturday _____

Sunday _____

Version 1 – Oxfordshire Clinical Commissioning Group, Medicines Optimisation Team (June 2017)

Adapted from NHS Ipswich and East Suffolk Clinical Commissioning Group with thanks.

Treating minor conditions



**Think
Pharmacist**

Ask your pharmacist first for advice
about treating minor conditions

Treating minor conditions

Minor conditions are generally not a serious health problem and can be treated with Over The Counter medications available from your local pharmacy.

Examples of minor conditions that may not require a visit to your doctor or a prescription, and that your local pharmacist can help you with include:

- Aches and pains (minor)
- Acne (mild)
- Athlete's foot
- Back pain (one-off)
- Cold sores
- Colic
- Constipation (one-off)
- Coughs and colds
- Cystitis (mild)
- Diarrhoea (one-off)
- Dry eye
- Dry or irritated skin
- Ear wax
- Eczema (mild)
- Eye infection (minor)
- Fungal skin and nail infections
- Hay fever
- Headaches (one-off)
- Head lice
- Heartburn (one-off)
- Indigestion (one-off)
- Insect bites and stings
- Migraines
- Mouth ulcer (minor)
- Nappy rash
- Period pain
- Piles
- Ringworm
- Scabies
- Skin rash
- Sleep problems (short-term)
- Teething
- Temperature (small increase)
- Threadworms
- Toothache
- Travel sickness
- Vaginal thrush
- Verrucas and warts

This list is not exhaustive and your local pharmacist may be able to help you with other minor conditions too. If you are not sure whether your condition is minor or serious, speak to your pharmacist first. By asking a few questions, your pharmacist will be able to advise if you need to see a doctor.

For more information visit: www.nhs.uk

As soon as you become concerned about your condition ask your local pharmacist first for advice because:

- Pharmacists are qualified health professionals and have the knowledge and skills to help and advise you on the best course of action. You may not need to see a doctor, but can get helpful advice or buy a treatment for your condition. Hence you could save time and start to feel better quicker.
- Pharmacies are accessible and convenient as many of them are open late nights and weekends. They can be found in local communities, on the high street, in some supermarkets and in shopping centres.
- There is no need for an appointment to speak to the pharmacist; just pop in any time and they will be happy to help you.

What may happen if I go to see my doctor when I have only a minor condition?

Your doctor may not give you a prescription but advise you to buy an appropriate treatment from your local pharmacy. These are often cheaper to buy than the charge for an NHS prescription.

What if I don't feel better?

If at any time you are concerned about your condition or if your symptoms are not improving after a few days of treatment with Over the Counter medication, you should contact your pharmacist or doctor for more advice.

