

## Changes to Prescribing in Southwark

Supporting information for Southwark prescribers following recent changes to prescribing guidelines for over the counter (OTC) medicines, anti-malarial medication and selected travel vaccinations

NHS Southwark CCG is committed to delivering best value by ensuring that we use our resources well. Therefore to help us to support the cost effective, evidence based use of medicines, NHS Southwark CCG **no longer** supports the routine prescribing of [OTC medication](#), [Antimalarial medication](#) and [Travel vaccines](#). This change was approved after patient and public consultation (including general practice and community pharmacy staff) in September 2017. GPs in Southwark will no longer routinely prescribe medicines for minor illnesses such as coughs, colds, dry skin, upset tummies and minor cuts which normally get better with time. In addition GPs will now no longer prescribe antimalarial prophylaxis and selected travel vaccinations.

This document has been developed as a guide to support local and NHS England (NHSE) implementation. It addresses frequently asked questions and contains information on commonly prescribed over-the-counter products.

### Over the counter medicines:

#### 1. Does the change in OTC apply to all patients?

This guidance is applicable to **all** patients (including in women and children) for **self-limiting minor illnesses and conditions**. This guidance is not applicable to patients being managed for long term conditions.

However please see **Appendix 1** which provides prescribers with guidance in common scenarios where the prescriber would have to take responsibility for prescribing due to product licensing restrictions for example – prescribing of chloramphenicol in children under 2 years old.

#### 2. How have patients been informed about the new guidance?

Patients have been informed about the new guidelines through the CCG website and the Southwark News. We have also provided GP practices with posters for display in the practice and separate patient-facing leaflets which specifically inform patients about OTC medicines and malaria prevention. The position statements and leaflets are available on our [website](#).

#### 3. Stopping routine prescribing for OTC medicines means people having to pay for medicines that they previously got for free. What happens to patients who cannot afford to buy them?

OTC medicines for many **self-limiting minor illnesses and conditions** are widely available from convenient locations across Southwark, including high street pharmacies, supermarkets and some discount outlets.

A packet of 16 paracetamol can cost **19p per pack** if bought over the counter. On prescription this would **cost the NHS £1.50**. Patients who are exempt from prescription charges can get their medicines free of charge from a pharmacist under the local **Pharmacy First** scheme, without the need to see their GP.

GPs can continue to prescribe OTC medicines on the NHS for patients who use them to manage long-term conditions, for example regular pain medicine for osteoarthritis. The new guidelines **do not** override your clinical judgement when considering whether it is acceptable to ask a patient to buy their medication.

**4. Most schools and nurseries have a policy in place that only allows them to administer products that have been prescribed and dispensed with a label by a pharmacist. How will administration of OTC preparations such as paracetamol or ibuprofen be managed for schools and nursery staff?**

The [Statutory Framework for the Early Years Foundation Stage](#) (effective since April 2017, see page 27) identifies current national standards for day-care and child-minding from birth to five, whereby non-prescription medication can be administered if the parent has given prior written consent for the administration of any medication. This means the non-prescription medication can be administered by the nursery or school following consent from the parents without the need for a pharmacy labelled medication. However despite this update, we are aware that some schools and nurseries have in-house policies stating non-prescription medication cannot be administered unless they have a pharmacy dispensed label. The CCG is now working with the local authority to review the current policies within schools and nurseries with regards to the administration of medication without a dispensing label.

**5. Are there any changes for patients who use Pharmacy First?**

The Pharmacy First service will continue to be commissioned by NHS Southwark Clinical Commissioning Group (CCG) through a Service Level Agreement between the CCG and community pharmacies in Southwark.

In the first quarter of 2018/19 the CCG will complete a review of the Pharmacy First service which may impact on the commissioning of the service in year. The CCG will keep prescribers and community pharmacies updated with this review.

Most OTC medicines affected by the new guidelines are covered by Pharmacy First and those patients who use Pharmacy First can continue to do so. The CCG will be reviewing the impact of these changes on the Pharmacy First scheme in due course.

**6. Which pharmacies provide the Pharmacy First Service?**

Currently this scheme is available in the majority of Southwark pharmacies (with the exception of the Lloyd's outpatient pharmacy based at Guy's and St. Thomas' hospital). Please see the attached [link](#) to the list of pharmacies that provide the service.

**7. Which medications are available on the Pharmacy First Service?**

As part of the Pharmacy First Service a [formulary](#) was developed listing the **only** products that may be issued under the scheme. Please refer to the formulary in order to determine whether a patient can obtain the medication intended to be prescribed from their local pharmacy.

**8. How does the guidance affect the prescribing of health supplements (vitamins and minerals)?**

Across Southwark Vitamin D, Vitamin B compound strong and thiamine are the most prescribed vitamins and minerals to date. These medications can be bought over the counter within all pharmacies in Southwark. Vitamin D should only be prescribed when the patient's vitamin D level is categorised as "deficient" (<30nmol/L or <12micrograms/L) whereby a loading dose is required at a higher strength. The South-East London Area Prescribing Committee (SEL APC) has developed guidance for management of Vitamin D deficiency in [Adults](#), [Children](#), and in [Pregnancy and Lactation](#).

If vitamin D is prescribed it should be of a licenced brand as listed in **Table C** (Adult guidance), **Table B** (Children guidance) and **Table A** (Pregnancy and lactation guidance)

Prescribing of supplements as part of on-going treatment for a long term condition is outside the remit of this guidance.

## 9. Where does NHS England stand?

In line with the self-care agenda, NHSE recently carried out a [public consultation](#) to help streamline the prescribing of OTC medication. Following consultation NHSE developed guidance and outlined recommendations for where OTC medicines should no longer be routinely prescribed.

The guidance makes clear that these restrictions do not apply to people with long-term conditions, nor should they be applied to patients who the prescriber considers unable to self-care due to medical, mental health or significant social vulnerability. The aim of the guidance is to create a consistent, national approach for CCGs to follow when considering restricting the prescribing of OTC medicines. For more information please click [here](#).

In addition to the 24 areas that Southwark consulted on, there are 8 additional clinical areas that have been included in the NHSE recommendation. These include:

Condition		Condition			
Additional 8 areas included by NHSE	Cradle Cap (Seborrhoeic dermatitis – infants)	24 areas included by Southwark	Analgesics (painkillers) for short-term use	Eye treatments	Mouth ulcers treatment
	Mild Cystitis		Anti-diarrhoeal medication for short term use (up to 72 hours)	Eye lubricating products	Nappy rash treatment
	Dandruff		Antifungal treatment for short term minor ailments	Head lice treatment and scabies treatment	Hay fever medicines
	Mild Dry Skin		Antiperspirants	Haemorrhoidal preparations for short term use (5-7 days)	Threadworm tablets
	Minor burns and scalds		Cold sore treatment	Herbal and complementary supplements	Topical acne treatment which is available over the counter
	Prevention of dental caries		Colic treatment	Indigestion remedies	Topical steroids for short term use (up to 1 week) for bites, stings or mild dermatitis
	Travel Sickness		Cough and cold remedies	Laxatives for short term use (up to 72 hours)	Vitamins and minerals
	Probiotics		Ear wax removers	Mouth wash	Warts and verruca treatment

## Anti-malaria medicines:

### **1. There are high rates of malaria in Southwark. How can we justify to patients that stopping free malaria prevention medicine won't make malaria rates even higher?**

Each year Southwark has around 20-30 cases of malaria, which account for approximately 5% of all cases nationally. Evidence showed that even with anti-malarials available for free on NHS prescription, a significant number of journeys – between 50 and 82 per cent, depending on the country of travel - were made to high risk countries by people who had not accessed malaria prevention medicines.

Following implementation of the new guidelines, NHS Southwark Public Health will closely monitor malaria rates and assess the impact of the changes.

### **2. Will the change unfairly affect people who frequently travel to high malaria-risk countries, for example to visit family?**

The CCG has to prioritise where we spend NHS money based on clinical effectiveness and value for money for the whole population. Public health studies indicate that providing malaria prevention medicines has not reduced the incidence of malaria in the local population. We know that imported malaria cases are generally linked to travel at peak holiday seasons, for example in the summer and over Christmas. Malaria prevention medicines are used by people for a variety of reasons, not just those visiting family, but also for businesses travellers, students, holiday-makers and charity workers.

### **3. Where should patients now get their malaria prescriptions medicines from?**

GP practices can still issue private prescriptions for malaria prevention medicines and continue to offer free travel advice. Alternatively patients can visit a pharmacy that provides travel clinics, or a private travel clinic.

### **4. Where can malaria advice and medication be obtained locally in Southwark?**

A GP, pharmacist or travel clinic can advise on which anti-malarial medications are most suitable for a patient, depending on their destination and other factors such as possible side-effects and their own health circumstances. Resources such as [FitforTravel](#) and [Travel Health Pro](#) can also be accessed to determine the specific antimalarial drug required.

Chloroquine and Proguanil can be purchased directly from a pharmacist without the need for a prescription and is available for purchase in all 61 pharmacies across Southwark. In November 2017 the MHRA announced that the atovaquone and proguanil combination (Maloff Protect) has been reclassified from a prescription only medicine to one available in pharmacies. Please click [here](#) for more information.

However doxycycline and mefloquine (Lariam) remain prescription-only medications and will need to be prescribed by a doctor on a private prescription.

### **5. How much do malaria prevention tablets cost?**

This depends on where in the world the patient is travelling to and which antimalarial is chosen between the patient and GP/Pharmacist. Each country's malaria risk has been graded differently based on the level of risk (ranging from 'no risk' to 'high risk'). Based on this, some drugs are more effective than others in particular countries. However, the most commonly used anti-malarial medicines by people travelling from Southwark NHS can cost between £5 and £50 for one adult or child, for protection lasting two weeks.

Private prescriptions will vary in cost from individual pharmacies due to various mark-up rates therefore patients should be advised to shop around in order to compare prices.

## **6. Does stopping provision of malaria medication on the NHS reduce protection against Zika virus?**

Although both Zika virus and malaria are transmitted through mosquitoes, the two illnesses are not linked. Public Health England have confirmed that currently there is no specific guidance published on the potential effectiveness of anti-malarial medication in reducing the risk of contracting Zika.

All recommended preventative measures outlined by Public Health England are aimed at reducing potential exposure to the Zika virus (i.e. avoid bites, using repellent, avoiding high risk countries). Consequently any travellers taking anti-malarial medication should be provided with the same advice around bite avoidance. More information can be found [here](#).

Furthermore the Rare and Imported Pathogens Service have explicitly stated that there are currently no drugs known to be effective against Zika virus and that there is no reason to think that taking or not taking any antimalarial prophylaxis drug would make any difference at all to the risk of contracting Zika virus.

## **7. Public Health Surveillance**

Evaluation will occur over the next 12 to 24 months in light of the recent changes. Practitioners will be informed of any changes, if any, to this guidance thereafter.

## **8. Supporting campaigns to prevent malaria**

Public Health England run two malaria campaigns annually prior to peak travels, details of which can be found on the [Southwark Antimalarial Medicines webpage](#). The next campaign will run prior to the 2018 summer period.

An article was run in the October 2017 Southwark News to reach Christmas travellers reminding patients to consider malaria prophylaxis prior to their travels. The newsletter also highlighted where antimalarial medication could be obtained. This information was tweeted regularly to ensure information reached a wider population.

The monthly 'Dr Know' column in Southwark News and email bulletins to stakeholders reinforced the message in November 2017.

## Travel vaccinations:

### 1. What changes are being made to travel vaccinations?

NHS Southwark CCG is committed to delivering best value by ensuring that we use our resources well. Therefore, in line with national guidance, **NHS Southwark CCG no longer supports the routine prescribing of the following vaccinations on the NHS for travel abroad:**

- Hepatitis B (single agent)
- Meningitis ACWY135
- Yellow fever
- Japanese B encephalitis
- Tick-borne encephalitis
- Rabies vaccine

### 2. Where are the local travel clinics?

Some community pharmacies across London provide travel vaccination services. It would be advisable for the traveller to contact their local pharmacy to enquire whether this service is available or for information where the nearest clinic can be found.

Please note that **Yellow fever is only given at designated Yellow Fever Vaccination Centres**. To search for Yellow Fever Vaccination Centres in England, Wales or Northern Ireland, please visit the [Yellow Fever Zone](#) website and enter the first few characters of a postcode or location.

## Appendix 1

### Common OTC products with sale exclusions:

There will be instances where it will be **necessary** for the prescriber to provide a prescription to a patient as opposed to signposting the patient to a community pharmacy for the purchase of an OTC medication.

This guide provides a list of common OTC products where the sale exclusions would require the prescriber to issue a prescription.

Acne		
Product	Sale Exclusion(s)	
	Age Restriction	Other Restrictions
Benzoyl Peroxide 5% Gel	None	Concomitant topical acne therapy, pregnancy or breastfeeding ( <i>avoid chest area</i> )
Freederm® Gel (Nicotinamide 4 %)	None	Pregnancy ( <i>in particular first trimester</i> ) or breastfeeding
Analgesia		
Product	Sale Exclusion(s)	
	Age Restriction	Other Restrictions
Algesal® cream	Under 6 years	Children with a history of convulsions, allergy to aspirin/NSAIDs, pregnancy or breastfeeding, broken skin, warfarin, methotrexate
Belladonna plaster	Under 10 years	Glaucoma, pregnancy or breastfeeding
Co-codamol 8/500mg, 12.5mg/500mg tablets	Under 12 years	Pregnancy, breastfeeding or breathing difficulties
Deep heat®, Deep freeze® rub & gel	Under 5 years	None
Deep relief joint & pain relief gel	Under 12 years	
Diclofenac gel	Under 14 years	Pregnancy ( <i>in particular first and last trimester</i> ) or breastfeeding, asthma, oral NSAIDs, application to skin wounds, open injuries, broken/infected skin, mucous membranes and eyes
Ibuprofen 200mg, 400mg tablets	Under 12 years	Stomach ulcer ( <i>active/recurrent history</i> ), breathing difficulties e.g. asthma, pregnancy ( <i>in particular 3rd trimester</i> ), breastfeeding, high blood pressure, heart disease, liver/kidney impairment, blood coagulation disorders
Ibuprofen 100mg/5ml suspension	Under 3 months	As per ibuprofen tablets
Ibuprofen gel (5% & 10%)	Under 12 years	Application to broken/damaged skin as well as exclusions listed for ibuprofen tablet
Movelat® cream & gel	Under 12 years	Asthma, warfarin, pregnancy ( <i>in particular</i>

		<i>first and last trimester</i> ) or breastfeeding (application to breast area), application to eyes, large areas of skin, broken or sensitive skin, infected skin, eczema or mucous membranes
Paracetamol 120mg/5ml suspension	Under 2 months	Severe liver/kidney impairment
Paracetamol 250mg/5ml suspension	Under 6 years	Severe liver/kidney impairment
Paracetamol 500mg tablets	Under 10 years	Severe liver/kidney impairment
Sumatriptan 50mg tablets	Under 18 years & over 65 years	Pregnancy or breastfeeding, high blood pressure, heart disease, kidney/liver impairment, epilepsy

### Antidiarrhoeal

Product	Sale Exclusion(s)	
Dioralyte®	<b>Age Restriction</b>	<b>Other Restrictions</b>
	Under 1 month	Liver/kidney impairment, low potassium/sodium diets, diabetes, pregnancy & breastfeeding
Loperamide 2mg tablet or capsules	Under 12 years	Acute dysentery ( <i>with blood in stools and high fever</i> ), acute ulcerative colitis, bacterial enterocolitis caused by invasive organisms e.g. Salmonella, pseudomembranous colitis associated with the use of broad-spectrum antibiotics, long term/regular diarrhoea, liver impairment, pregnancy ( <i>in particular first trimester</i> ) or breastfeeding
O.R.S® Oral Rehydration Salts	Under 3 years	Intestinal obstruction, liver/kidney impairment, low potassium/sodium diets, diabetes, pregnancy or breastfeeding

### Anti-fungal

Product	Sale Exclusion(s)	
Canesten® (Clotrimazole) <ul style="list-style-type: none"> <li>- Thrush internal cream 10%</li> <li>- Thrush combi internal &amp; external creams</li> <li>- Thrush combi pessary &amp; external cream</li> <li>- Thrush combi soft gel pessary &amp; external cream</li> </ul>	<b>Age Restriction</b>	<b>Other Restrictions</b>
	Under 16 years and over 60 years	More than 2 infections in 6 months, past history of sexually transmitted disease, first experience of thrush symptoms, irregular/abnormal vaginal bleeding, blood-stained discharge, foul smelling discharge, vulval or vaginal ulcers/blisters/sores, lower abdominal pain or dysuria, fever/chills, nausea/ vomiting, diarrhoea, pregnancy or breastfeeding
Canesten® (Fluconazole) <ul style="list-style-type: none"> <li>- Canesten oral capsule</li> <li>- Canesten® Thrush Duo oral capsule &amp;</li> </ul>	Under 16 years and over 60 years	<b>As per Canesten® (Clotrimazole) in addition to:</b> Co-administration of medicinal products which can prolong QTc interval and metabolised by the enzyme CYP3A4 e.g.

external cream <b>(cream = clotrimazole)</b> - Diflucan® oral capsule		erythromycin, liver/kidney impairment, presence of chronic diseases/illness  <u>Specific to men:</u> Abnormal penile discharge ( <i>leakage</i> ), foul smell associated with the penis, pain on passing urine
Lamisil AT® 1% cream, gel and spray (terbinafine)	Under 16 years	Pregnancy or breastfeeding, not to be applied on the face
Lamisil ONCE® (terbinafine)	Under 18 years	As per Lamisil AT®
Loceryl® 5% nail Lacquer (amorolfine)	Under 18 years	Limited to 2 nails, pregnancy or breastfeeding, underlying predisposing conditions to fungal nail infections e.g. peripheral circulatory disorders, diabetes mellitus and immunosuppression, nail dystrophy and destroyed nail plate
Nizoral® Antidandruff shampoo Nizoral® Dandruff shampoo (ketoconazole)	Under 12 years	None
<b>Antiperspirant</b>		
<b>Product</b>	<b>Sale Exclusion(s)</b>	
Driclor® (Aluminium Chloride Hexahydrate 20%)	<b>Age Restriction</b> None	<b>Other Restrictions</b> Pregnancy or breastfeeding
<b>Camouflage</b>		
<b>Product</b>	<b>Sale Exclusion(s)</b>	
Dermacolor® Camouflage Crème, Fixing powder	<b>Age Restriction</b> None	<b>Other Restrictions</b> None
<b>Cough &amp; Cold</b>		
<b>Product</b>	<b>Sale Exclusion(s)</b>	
Codeine linctus 15mg/5ml	<b>Age Restriction</b> Under 12 years (if respiratory function <b>is not</b> compromised)  Under 18 years ( <b>compromised respiratory function</b> )	<b>Other Restrictions</b> Pregnancy or breastfeeding, asthma, hypothyroidism, history of drug abuse, liver/kidney impairment
Dextromethorphan 7.5mg/5ml	Under 12 years	MAOIs, SSRIs or other medications for depression, psychiatric, or emotional conditions or Parkinson's disease, or for 2 weeks after stopping these medication, pregnancy or breastfeeding, chronic cough e.g. due to asthma/smoking
Diphenhydramine	Under 16 years	Pregnancy or breastfeeding, asthma, bronchitis, COPD, glaucoma, enlarged

		prostate, urinary retention, kidney or liver disease, myasthenia gravis, epilepsy, seizure disorders, MAOIs, TCAs
Guaifenesin 100mg/5ml	Under 12 years	Liver or kidney impairment, pregnancy or breastfeeding
Guaifenesin 50mg/5ml	Under 6 years	Liver or kidney impairment
Phenylephrine	Under 16 years	Kidney or liver impairment, overactive thyroid, diabetes, high blood pressure, heart or circulation disease, glaucoma, tricyclic antidepressants, MAOIs, beta blockers
Pholcodine Linctus 5mg/5ml and 2mg/5ml	Under 6 years	Risk of respiratory failure chronic bronchitis/COPD/bronchiolitis/ bronchiectasis due to sputum retention, patients currently taking MAOIs or within 14 days of stopping such treatment , liver/kidney impairment, history of drug abuse, pregnancy or breastfeeding
Pholcodine Linctus Strong 10mg/5ml	Not recommended for children	As per Pholcodine Linctus 5mg/5ml and 2mg/5ml
Pseudoephedrine	Under 12 years	Heart or circulatory problems, high blood pressure, diabetes, glaucoma, overactive thyroid, severe kidney impairment, MAOIs, prostate problems, pregnancy ( <i>in particular first trimester</i> ) or breastfeeding
Simple Linctus	Under 12 years	None
Simple Linctus Paediatric	Under 1 year	None
<b>Cold Sore</b>		
<b>Product</b>	<b>Sale Exclusion(s)</b>	
Zovirax® cream (Aciclovir 5%)	<b>Age Restriction</b>	<b>Other Restrictions</b>
	None	Immunocompromised, application to any other area besides cold sores on face and lips, pregnancy or breastfeeding
<b>Colic</b>		
<b>Product</b>	<b>Sale Exclusion(s)</b>	
Infacol® 40mg/ml Suspension Colief® Infant Drops	<b>Age Restriction</b>	<b>Other Restrictions</b>
	None	None
<b>Ear Wax</b>		
<b>Product</b>	<b>Sale Exclusion(s)</b>	
Cerumol®	<b>Age Restriction</b>	<b>Other Restrictions</b>
	None	Otitis externa, seborrheic dermatitis and eczema affecting the outer ear, perforated ear drums, peanut and/or soya allergy
Exterol®, Otex® (Urea Hydrogen Peroxide 5%)	None	Suspected damage of the ear drum, dizziness or if there is/ has been any other ear disorder ( <i>such as pain, discharge</i> ), attempts to dislodge ear wax with fingernails, cotton buds or anything similar, history of ear problems, pregnancy or

		breastfeeding
Waxsol® Docusate Sodium 0.5%)	None	Perforation of the ear drum or inflammation of the ear
Eye Treatments/Lubricating Products		
Product	Sale Exclusion(s)	
Chloramphenicol 0.5% eye drops/1% ointment Golden® eye antibiotic eye drops & ointment	Age Restriction	Other Restrictions
	Under 2 years	Glaucoma, dry eye syndrome, severe pain within eye, eye injury, disturbed vision, photophobia, eye inflammation associated with rash on the scalp/face, eye surgery or laser treatment in the last 6 months, cloudy eyes, pupil looks unusual, suspected foreign body in the eye, current use of other eye drops/ointment, pregnancy or breastfeeding
Hypromellose 0.3%/0.5%/1% eye drops Carbomer 980 0.2% eye drops Lacri-lube® ointment Carmellose 0.5%/1% eye drops	None	Pregnancy or breastfeeding
Haemorrhoids		
Product	Sale Exclusion(s)	
Anusol® cream and suppositories Anusol® HC ointment and suppositories	Age Restriction	Other Restrictions
	Under 18 years	Pregnancy or breastfeeding, rectal bleeding/blood in the stools, max 7 day use
Germoloids® cream and suppositories	Under 12 years,	Pregnancy or breastfeeding, excessive rectal bleeding
Germoloids® HC spray	Under 16 years	Pregnancy or breastfeeding, broken or infected skin
Hayfever		
Product	Sale Exclusion(s)	
Beclometasone Dipropionate 50 microgram nasal spray	Age Restriction	Other Restrictions
	Under 18 years	Pregnancy or breastfeeding
Cetirizine 1mg/1ml syrup	Under 2 years	Moderate/severe kidney impairment, pregnancy or breastfeeding, risk of urinary retention, epilepsy/risk of convulsions
Cetirizine 10mg tablets	Under 6 years	As per cetirizine 1mg/1ml syrup
Chlorphenamine 2mg/5ml syrup (Piriton®)	Under 1 year	Pregnancy or breastfeeding, MAOIs ( <i>including patients treated with MAOIs within the last 14 days</i> ), other anti-histamine containing products, very high blood pressure, heart disease, epilepsy, glaucoma, enlarged prostate, liver/kidney impairment, bronchitis/asthma/bronchiectasis
Chlorphenamine 4mg	Under 6 years	As per chlorphenamine 2mg/5ml syrup

tablets		
Fluticasone Propionate 50 microgram nasal spray	Under 18 years	Pregnancy or breastfeeding, concomitant corticosteroid <i>therapy (oral, creams, ointments)</i> , fever/infection in the nasal passages/sinuses
Loratadine 5mg/5ml solution and loratadine 10mg tablets	Under 2 years	Pregnancy or breastfeeding, severe liver impairment
Promethazine 5mg/5ml (Phenergan®)	Under 2 years	MAOIs ( <i>taking currently or stopped within past 14 days</i> ), glaucoma, epilepsy, heart problems, liver/kidney impairment, breathing difficulties, Reye's syndrome, pregnancy or breastfeeding
Promethazine 10mg or 25mg	Under 5 years	As per promethazine 5mg/5ml
Sodium cromoglicate 2% eye drops	None	Pregnancy or breast feeding

### Headlice & Scabies

Product	Sale Exclusion(s)	
	Age Restriction	Other Restrictions
Derbac M® liquid (Malathion 0.5% lotion)	Under 6 months	Max use - 3 consecutive weeks
Eurax® cream	Under 3 years	None
Eurax® HC cream	Under 10 years	Not to applied to the face
Hedrin® Cutaneous Solution (Dimeticone 4%)	Under 6 months	None
Lyclear® Crème Rinse (Permethrin 1%)	Under 6 months	Pregnancy or breastfeeding
Lyclear® Dermal cream (Permethrin 5%)	Under 2 years ( <b>for treatment of scabies</b> )  Under 18 years ( <b>for treatment of crab lice</b> )	Application to broken skin, mucous membranes, eyes, pregnancy or breastfeeding

### Herbal & Homeopathic

Product	Sale Exclusion(s)	
	Age Restriction	Other Restrictions
Ocuvite Lutein® Capsules Glucosamine Sulphate Capsules Bio Kult® Capsules	No recommendation as product is a food supplement. Patient to check	All are classified as food supplements, can be purchased OTC

	with individual product label/warnings	
VSL#3® Probiotic Food Supplement	None	ACBS approval as a borderline substance – <b>can be prescribed on FP10 prescription</b> for the <b>maintenance of remission in ileo-anal pouchitis only in adults as induced by antibiotics</b>  All other cohorts of patients should buy OTC

### Indigestion

Product	Sale Exclusion(s)	
	Age Restriction	Other Restrictions
Gaviscon® advance and double action tablets and suspension	Under 12 years	Highly restricted salt diet e.g. congestive cardiac failure, hypercalcaemia, nephrocalcinosis and recurrent calcium containing renal calculi
Gaviscon® infant sachets	Under 1 year, over 2 years and adults	Intestinal obstruction, situations where excessive water loss is likely, e.g. fever, diarrhoea and vomiting, gastroenteritis ( <i>where the appropriate treatment is rehydration with fluid replacement</i> ), known or suspected kidney impairment
Maalox Plus® suspension	Under 2 years	Kidney impairment, severe stomach pain, partially or fully blocked bowels, pregnancy ( <i>in particular first trimester</i> ) or breastfeeding
Maalox® suspension	Under 14 years	As per Maalox Plus® suspension
Magnesium Trisilicate Mixture	Under 5 years	Severe renal failure, hypophosphatemia, restricted salt diet, metabolic or respiratory alkalosis, hypocalcaemia or low stomach acid production, pregnancy or breastfeeding
Mucogel® suspension	Under 12 years	Severely debilitated or suffering from kidney failure, pregnancy or breastfeeding
Peptac® Gaviscon Liquid Original Aniseed Relief® Alginate Raft Forming Oral Suspension	Under 6 years	Restricted salt diet
Ranitidine 75mg tablets	Under 12 years	Pregnancy or breastfeeding, recently changed indigestion symptoms

### Laxatives

Product	Sale Exclusion(s)	
	Age Restriction	Other Restrictions
Docosate Sodium 100mg capsules	Under 12 years	Abdominal pain, nausea, vomiting or intestinal obstruction, pregnancy or

		breastfeeding
Docusate Sodium 50mg/5ml solution	All children	As per docusate sodium capsules
Docusate Sodium Paediatric 12.5mg/5ml solution	Under 6 months and adults	As per docusate sodium capsules
Ispaghula Husk	Under 6 years	Sudden change in bowel habit ( <i>more than two weeks</i> ), undiagnosed rectal bleeding and failure to defecate following the use of a laxative, abnormal constrictions in the gastrointestinal tract, diseases of the oesophagus/heart, intestinal obstruction, faecal impaction, reduced gut motility, colonic muscle weakness, swallowing difficulties or any throat problems
Lactulose 3.1g-3.7g/5ml solution	Children ( <i>use should be under medical supervision</i> )	Intestinal obstruction, digestive perforation/ risk of digestive perforation, abdominal pain of unknown origin
Manevac®	Under 12 years	Pregnancy (avoid during 3 <sup>rd</sup> trimester) or breastfeeding as well as exclusions listed for senna and ispaghula husk
Senna 7.5mg tablet	Under 6 years	Pregnancy or breastfeeding, intestinal obstructions/stenosis/muscle weakness, appendicitis, inflammatory bowel diseases, abdominal pain of unknown origin, severe dehydration state with water and electrolyte depletion, patients taking cardiac glycosides, antiarrhythmic medicines, medicines known to induce QT-prolongation, diuretics, corticosteroids or liquorice root
Senna 7.5mg/5ml solution	Under 2 years	As per Senna 7.5mg
Senna 15mg tablet	Under 12 years	As per Senna 7.5mg

### Mouthwash & Mouth Ulcers

Product	Sale Exclusion(s)	
	Age Restriction	Other Restrictions
Bonjela® 8.7%	Under 16 years	Active peptic ulceration, allergy to aspirin or other NSAIDs, pregnancy or breastfeeding
Corsodyl® mouthwash, gel & spray (Chlorhexidine digluconate)	Under 12 years	Pregnancy or breastfeeding
Difflam® Oral Rinse (Benzydamine hydrochloride rinse)	Under 12 years	Pregnancy or breastfeeding, alcoholism, liver impairment, epilepsy
Difflam® Spray (Benzydamine hydrochloride)	Under 1 month	Pregnancy or breastfeeding

### Nappy Rash

<b>Product</b>	<b>Sale Exclusion(s)</b>	
Metanium® Nappy Rash Ointment	<b>Age Restriction</b>	<b>Other Restrictions</b>
	None	None
<b>Sun cream</b>		
<b>Product</b>	<b>Sale Exclusion(s)</b>	
Sunsense® Ultra spf 50+ Sunsense® Daily Face Cream spf 50+	<b>Age Restriction</b>	<b>Other Restrictions</b>
	None	None
<b>Threadworm</b>		
<b>Product</b>	<b>Sale Exclusion(s)</b>	
Mebendazole tablets and suspension	<b>Age Restriction</b>	<b>Other Restrictions</b>
	Under 2 years	Pregnancy or breastfeeding
<b>Topical Steroids</b>		
<b>Product</b>	<b>Sale Exclusion(s)</b>	
Canesten® Hydrocortisone cream (Hydrocortisone1%/clotrimazole1%)	<b>Age Restriction</b>	<b>Other Restrictions</b>
	Under 10 years	Pregnancy or breastfeeding, application to broken skin, large areas of skin, use for longer than 7 days, face, eyes, mouth, mucous membranes, ano-genital area, ringworm, secondarily infected skin, diseases affecting the skin e.g. acne, rosacea, untreated bacterial skin diseases, viral skin diseases e.g. herpes, chicken pox
Daktacort® Hydrocortisone cream (Hydrocortisone1%/miconazole 2%)	Under 10 years	Pregnancy or breastfeeding, application to broken skin or large areas of skin, use for longer than 7 days, face, eyes, mouth, mucous membranes, ano-genital area, ringworm, secondarily infected skin, anticoagulant
Eumovate® Eczema & Dermatitis Cream (Clobetasone butyrate 0.05 % w/w)	Under 12 years	Pregnancy or breastfeeding, application on the face, groin and genitals, broken, inflamed, or infected skin near chronic ulcers or skin lesions caused by infection with viruses or bacteria, rosacea, acne vulgaris, pruritus without rash
Hydrocortisone 1% cream/ointment	Under 10 years	Pregnancy, breastfeeding, application to the face, groin, ano-genital area and broken/infected skin e.g. impetigo, cold sores, acne, athletes foot
<b>Warts &amp; Verucca</b>		

Product	Sale Exclusion(s)	
	Age Restriction	Other Restrictions
Bazuka® gel and extra strength gel	None	On or near the face ano-genital areas, diabetics or individuals with impaired peripheral blood circulation, moles, birthmarks, hairy warts or on any other skin lesions
Bazuka® treatment gel and extra strength treatment gel	Under 2 years	As per Bazuka® gel and extra strength
Cuplex Verruca Gel®	Under 2 years	Pregnancy or breastfeeding and as per Bazuka® gel and extra strength
Occlusal®	None	Diabetics or individuals with impaired peripheral blood circulation, moles, birthmarks, hairy warts or on any other skin lesions, if the wart or surrounding skin is inflamed or broken, pregnancy or breastfeeding
Salactol® Collodion, Salatac® gel	As per Bazuka® gel and extra strength	As per Bazuka® gel and extra strength
Verrugon Complete ®	As per Occlusal®	As per Occlusal®

### Vitamins & Minerals

Product	Sale Exclusion(s)	
	Age Restriction	Other Restrictions
AdcalD3®, Calcichew®, Calceos®	Under 12 years	Hypercalcaemia, primary hyperparathyroidism, vitamin D over dosage, severe renal impairment, renal stones, treatment for heart disease (e.g. <i>digoxin, thiazide diuretics</i> ), pregnancy or breastfeeding
Forceval®	Under 12 years	Hypercalcaemia, haemochromatosis and other iron storage disorders, allergy to peanut and/or soya, thyroid disorders, patients taking vitamins & minerals with vitamin A, pregnancy or breastfeeding
Thiamine 100mg	Under 12 years	Pregnancy or breastfeeding
Vitamin B Co-Strong	Under 3 years	Pregnancy or breastfeeding
Vitamin D (Colecalciferol)	As per guidance	Hypercalcaemia, hyperparathyroidism, renal stones, renal calculi, severe renal impairment, sarcoidosis  Further guidance can be found here: <ul style="list-style-type: none"> <li>- <a href="#">Vitamin D Deficiency in Adults</a></li> <li>- <a href="#">Vitamin D Deficiency &amp; Insufficiency in Children</a></li> <li>- <a href="#">Vitamin D Deficiency &amp; insufficiency in Pregnancy &amp; Lactation</a></li> </ul>

## **References**

Summaries of Product Characteristics (SmPC), electronic Medicines Compendium (eMC).  
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British National Formulary (BNF) Online, January 2018. Accessed via:  
<https://www.medicinescomplete.com/mc/index.htm>

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