

**Acute pain, sprains, headache, temperature, mild fever, simple migraine, cold and flu symptoms**

- Paracetamol
- Ibuprofen
- Co-codamol 8/500 (tablets, capsules, liquids and soluble)

**Simple Bites and Stings**

- Hydrocortisone cream 1%
- Antihistamines - all

**Acute Constipation**

- Lactulose
- Fybogel
- Senna tablets
- Bisacodyl tablets

**Cough and colds**

- All cough syrups and linctuses including: Simple linctus, Pholcodine linctus, Codeine linctus

**Diarrhoea (simple, acute episodes)**

- Oral rehydration sachets e.g. Dioralyte, Electrolade
- Loperamide caps 2mg

**Ear Wax**

- Olive or Almond Oil
- Sodium bicarbonate drops
- Ear wax softeners e.g. Otex, Exterol, Cerumol, Waxsol

**Haemorrhoids**

- Soothing haemorrhoidal creams and suppositories e.g. Anusol, Preparation H, Germoloids

**Head Lice**

- Malathion Aqueous Lotion 0.5%
- Dimethicone Lotion 4%

**Short term indigestion and heartburn**

- Antacids e.g. Gaviscon Advance tabs, Gaviscon Advance liquid, Peptac, Mucogel, Asilone
- Ranitidine 75mg tablets
- Omeprazole 10mg

**Scabies**

- Crothamiton 10% cream
- Antihistamines e.g. Chlorphenamine

**Infant colic**

- Simethicone Suspension (Infacol)
- Dimeticone Suspension (Dentinox)
- Colief (unless ACBS criteria are met)

**Threadworms**

- Mebendazole 100mg tablets

**Teething**

- All Teething Gels

**Simple Warts and Veruca**

- All topical treatments (gels and paints)

**Nasal congestion**

- Sodium Chloride 0.9% nasal drops/spray;
- Xylometazoline nasal drops & spray
- Pseudoephedrine 60mg tabs and linctus
- All inhalations

**Eye Care**

- Soothing drops e.g. Optrex, Refresh Opth soln
- Mild Dry eyes
- Eye Cleansing Wipes e.g. Blephaclean, Lid-care, Supranettes



**Health Supplements, Homeopathic Remedies and Herbal Remedies**

- Products containing glucosamine
- Products containing chondroitin
- Products containing fish oils
- Products containing co-enzyme Q10
- Products containing Omega 3, 6 or 7
- Products containing lutein e.g. Icaps, OcuVite, PreserVision
- Gojiberry extract
- Cod-liver oil
- All homeopathic products
- All herbal products

**Rubifacients**

- All e.g. Algesal, Deep Freeze, Radian B

**Acute Sore Throat**

- All lozenges and sprays e.g. Difflam (Throat Spray & Rinse Dequadin Lozenges)
- Tyrozets Lozenges, Strepsils Lozenges

**Dandruff and cradle cap**

- All Cradle Cap Treatment Shampoos
- All Dandruff Shampoos

**Nappy rash**

- All nappy rash creams

**Conjunctivitis**

- Antimicrobial eye drops and eye ointment.

**Vitamins, Multivitamin & Mineral Preparations (except to treat a clinically proven deficiency)**

- Vitamin A
- Vitamin B group and B compounds
- Vitamin C
- Vitamin D long term maintenance
- Vitamin E

**Acne (mild)**

- Aluminium oxide 38.09% paste
- Nicotinamide 4% Gel (e.g. Freederm gel, Nicam gel)
- Quinoderm products

**Dental & Sore Mouth Products**

- Fluoride toothpaste, mouthwash, oral drops & tablets
- All mouthwashes and dental gels e.g. Chlorhexidine gluconate (Corsodyl)
- Mouth ulcer treatments e.g. Anbesol gel & liquid, Bonjela products

**Ringworm/Athletes foot**

- Athlete's Foot Cream
- Antifungal creams or sprays

**Mild Cystitis**

- Sodium bicarbonate or potassium citrate granules

**Infrequent cold sores of the lips**

- Antiviral cold sore cream

**Excessive sweating (mild – moderate hyperhidrosis)**

- Aluminium chloride sprays, roll-ons, solutions

**Emollients & Bath/Shower Products**

- e.g. Aveeno, Diprobath, Doublebase, E45, oilatum N.B. formulary products are available for people with chronic skin conditions

**Silk garments**

- e.g. Skinnies, Derma- Silk, Dream-skin

**Other Skin products**

- e.g. Bio-Oil, Calamine lotion, Coconut oil, Flexitol products, E45 foot & heel cream, Vitamin E cream

**Sunscreens**

- All sunscreens (unless ACBS criteria are met)

