

Pharmacy

Your local Pharmacist can help you with many common conditions, with advice and over the counter medication where needed.

Those who present with minor ailments / conditions at a pharmacy could be treated quicker and more conveniently through using self care and visiting their pharmacist.

What can be treated at the Pharmacy?

Ailment	Exclusions
<p>Emergency Hormonal contraception</p> <p>only - for individuals who are not able to access a service offering insertion of a copper intrauterine device (Coil) at the time of presentation</p> <p>Please liaise with your local pharmacies to check the times an accredited pharmacist is available to provide emergency hormonal contraception free of charge as a commissioned service.</p> <p>Emergency hormonal contraception is available for purchase over the counter in community pharmacies</p>	<ul style="list-style-type: none"> • Under 13 years • Over 25 years for provision under the free commissioned service, although it is available for purchase over the counter if over 25 years. • Known or suspected pregnancy • More than 120 hours since unprotected sexual intercourse or failed contraception • Previous use of emergency hormonal contraception in this cycle • Previous incidence of unprotected sexual intercourse in the same cycle (outside the treatment window of more than 120 hours) • Contraceptive pill and repeat prescriptions
<p>Acne - mild</p>	<ul style="list-style-type: none"> • Physically unwell, additional symptoms such as hair loss or excessive hair growth. Affecting social life or distressed. • Pain felt deep in the skin • Beginning of scarring • Prepubertal or older people

Allergic reaction - minor	<ul style="list-style-type: none"> • Swelling of the throat and mouth. • Difficulty breathing • Lightheadedness • Confusion • Blue skin or lips • Pregnancy
Athletes Foot	<ul style="list-style-type: none"> • Diabetes • Red hot and painful foot • Weakened immune system for example if having chemotherapy
Bites and Stings – insect	<ul style="list-style-type: none"> • SEVERE ALLERGIC REACTION: Wheezing or difficulty breathing, swollen face, mouth or throat, nausea or vomiting, a fast heart rate, dizziness or feeling faint, difficulty swallowing • Animal or human bites • In the mouth, throat or near eyes • Large area (10cm or more) around the bite is red and swollen • Symptoms not improved over 3 days or getting worse • Pus, increasing pain, swelling and redness • Fever, swollen glands, flu like symptoms • Pregnancy
Constipation – Adults	<ul style="list-style-type: none"> • Had for more than 2 weeks with no reason • Swollen or bloated tummy and/or vomiting • Blood in poo • Pain or discomfort around the opening of back passage • Weight loss for no reason, feeling tired all the time, sweaty or feverish • Thinks it could be to do with medication. • Over 50 and never had before • Pregnancy

<p>Contact dermatitis</p>	<ul style="list-style-type: none"> ● Cracking, weeping, painful skin. Blistery rash. ● Large body area affected ● Severe/keeps coming back.
<p>Cough and/or cold</p>	<ul style="list-style-type: none"> ● Over three weeks ● Very high temperature, hot or shivery ● Suddenly getting worse ● Concerned about your child's symptoms ● Hard to breath or chest pain ● Confusion or disorientated ● Long term medical condition eg diabetes, heart, lung, kidney or neurological disease ● Weakened immune system for example if having chemotherapy ● Coughing up blood-stained phlegm (thick mucus) ● Side of neck or armpits feel swollen and painful.
<p>Diarrhoea – Adults</p>	<ul style="list-style-type: none"> ● Feeling very sick and keep vomiting ● Unable to drink fluids ● Severe abdominal pain ● Poo is dark and smelly ● Blood in poo ● Lasted over 4-5 days or more than 3 – 5 days in the elderly ● Recently taken antibiotics or been treated in hospital. ● Change in bowel habit in patients over 50 years ● No appetite, losing weight ● Recent travel abroad ● Pregnant

Earache	<ul style="list-style-type: none"> • Very high temperature, hot and shivery • Had for more than 3 days • Swelling around the ear • Pain in both ears • Fluid or pus coming from the ear • Something stuck in the ear • Hearing loss or change in hearing • Severe sore throat, vomiting, dizziness, confusion, stiff neck, sensitive to lights, fits • Long term medical condition eg diabetes, heart, lung, kidney or neurological disease • Weakened immune system for example if having chemotherapy
Ear Wax or blocked ear	<ul style="list-style-type: none"> • Hearing loss or change of hearing, dizziness or ringing in the ears. • Injury or trauma to the ear, perforated ear drum
Eye symptoms, red or irritable, sticky or watery,	<ul style="list-style-type: none"> • Eye pain • Loss or changes to vision, sensitivity to light, • severe headache, feeling sick • Injury to eye, trauma. • Had for over 5 days and not improving. • Children under 2 years. • Pregnant
Eyelid problems	<ul style="list-style-type: none"> • Painful eyelid • Suspected allergy • Yellow lumps or patches around eyes • Body rash as well as lumps on eyelids • High temperature, hot and shivery, generally unwell. • Side of neck, armpits or groin feel swollen and painful. • Pregnant

Haemorrhoids	<ul style="list-style-type: none"> • Blood mixed in poo, rectal pain. • Rectal bleeding • Fever • Severe pain when pooing • Persistent change in bowel habit if over 40 years. • Children under 18 • Pregnant
Hay fever	<ul style="list-style-type: none"> • Children under 1 year old • Getting worse/severe • Tried medications and not worked. • Pregnant
Hair Loss	<ul style="list-style-type: none"> • Sudden • Losing hair in clumps • Development of bald patches • Itchy or burning scalp. • Children under 18 • Pregnant
Head lice	
Mild Cystitis - Pain or frequency passing urine	<ul style="list-style-type: none"> • Low back pain, pain in side • Blood in urine • Cloudy or smelly urine • Pregnant • Male • Children under 16 • Had more than 3 days • Keeps coming back • Pregnant
Mouth Uclers	<ul style="list-style-type: none"> • Had longer than 3 weeks • Keeps coming back. • Becomes painful and red • Larger than 1cm • In groups of 5-10 or more • Children under 10 years • Weakened immune system for example if having chemotherapy

Nasal Congestion (Blocked Nose)	
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	<ul style="list-style-type: none"> • High temperature (above 39°C or 102.2°F) • Confusion or disorientated, feel unwell • Pain or discomfort in the face • Persistent, lasted over 2 weeks. • Only one side of nose blocked
Scabies	<ul style="list-style-type: none"> • Cracking, weeping, painful skin. • Still itching 4 weeks after self-treatment has finished. • Pregnant
Strains and Sprains	<ul style="list-style-type: none"> • Severe pain not controlled by “over the counter” painkillers • No improvement after 3-4 days of self-treatment • Deformity, lumps and bumps • Cannot move affected joint or walk properly • Skin over the affected area is numb • Bruising and swelling that was mild which is getting worse • Feeling hot or shivery.
Teething	
Threadworms	<ul style="list-style-type: none"> • Loss of appetite • Weight loss • Children under 2 years. • Pregnant
Travel Sickness	

Vaginal discharge, itching or soreness	<ul style="list-style-type: none">• Discharge has changed colour, smell or texture• More discharge than usual• Bleeding between periods or after sex• Pain when peeing• Pelvic pain (between tummy and thighs)• Diabetes• Over 60 years• Children under 16 years• Pregnant• Pharmacy treatment has not worked
Warts/Verruca	<ul style="list-style-type: none">• Keeps coming back• Large or painful• Bleeds or has changed in appearance• On face or genitals