

### Examples of prices, license restrictions and availability of common over the counter medications.

GSL items can be purchased from any retailer. Supermarkets and discount stores may be more cost effective than pharmacies.

P items can only be purchased from retail pharmacies. Buying 'own brand' or generic items may be more cost effective than originator brands.

The prices listed are guide prices based upon prices listed in the Chemist and Druggist January 2017 and prices obtained from pharmacies and retailers.

antihistamines				
Product	contents/generic name	legal status	pack size	retail price
BecoAllergy	cetirizine 10mg	GSL	14	£5.49
Hayfever allergy relief	cetirizine 10mg	GSL	30	£1.50
Benadryl Allergy Relief Children's Oral Solution	cetirizine 1mg/1ml	GSL	100ml	£5.00
Clarityn	loratidine 10mg	GSL	14	£6.00
One-A-Day Allergy and Hayfever Relief	loratidine 10mg	GSL	14	80p
Allergy Relief 1 year plus antihistamine	Chlorphenamine 2mg/5ml	P	150ml	£3.79
nasal sprays				
Product	contents/generic name	legal status	pack size	retail price
Hayfever Relief Nasal Spray	Beclometasone 50mcg	GSL	100 spray	£3.00
Beconase	Beclometasone 50mcg	GSL	100 spray	£5.00
eye drops				
Product	contents/generic name	legal status	pack size	retail price
Opticrom Allergy eye drops	sodium cromoglicate 2%	GSL	5ml	£3.00-5.00
Optrex allergy eye	sodium cromoglicate 2%	GSL	5ml	£5.99
<p>Sedating antihistamines are generally not recommended for prescribing as the potential side effects outweigh benefits Chlorphenamine may be considered as an option for itchy conditions such as chicken pox or insect bites. Levocetirizine and desloratidine are premium priced products which offer little advantage over 2nd generation antihistamines advise OTC purchase of cetirizine or loratidine. Fexofenadine not recommended for routine use due to increased risk of CV side effects consider cetirizine and loratidine as first and second line options.</p>				

<b>Analgesia</b>				
<b>co-codamol 8/500</b>				
Product	contents/generic name	legal status	pack size	retail price
Co-Codamol 8mg/500mg	codeine 8mg/paracetamol 500mg	P	32 Tablets	£2.49
<b>Paracetamol</b>				
Product	contents/generic name	legal status	pack size	retail price
Paracetamol 500mg caplets	paracetamol	GSL	16	20p - 40p
Infant's & Children's Paracetamol Suspension - Strawberry 3mths+	paracetamol 120mg/5ml	GSL	100ml	£1.75
Calpol Infant Pain Relief Suspension - Sugar Free Strawberry 2mths+	paracetamol 120mg/5ml	GSL	100ml	£3.00
Paracetamol 6 Years Plus 250 mg/5 ml Suspension	paracetamol 250mg/5ml	P	100ml	£2.99
Calpol Six Plus Sugar Free Suspension	paracetamol 250mg/5ml	P	100ml	£3.65
<b>Ibuprofen</b>				
Product	contents/generic name	legal status	pack size	retail price
ibuprofen tablets 200mg	ibuprofen 200mg	GSL	16	25p
Nurofen for children	ibuprofen 100mg/5ml	GSL	100ml	£3.60
infant's and children's ibuprofen suspension	ibuprofen 100mg/5ml	GSL	100ml	£1.77
<b>rubefaciants</b>				
Product	contents/generic name	legal status	pack size	retail price
Movelat relief cream	mucopolysaccharide polysulphate (MPS) 0.2% w/w and salicylic acid 2.0% w/w.	P	80g	£7.99
Deep heat Heat rub	Menthol 5.91% w/w, Eucalyptus Oil 1.97% w/w, Methyl Salicylate 12.80% w/w, Turpentine Oil 1.47% w/w.	GSL	67g	£3.25
Wilko muscle rub	sweet birch oil 0.12% v/w, cajuput oil 0.12% v/w. eucalyptus oil 1% v/w, levomenthol 0.5% w/w. methyl salicylate 9% v/w	GSL	40g	£1.00
Deep Freeze pain relief gel	Racemic Menthol 2% w/w	GSL	100g	£4.99
Algesal cream	Diethylamine salicylate cream	P	50g	£2.69
<b>Topical NSAIDs</b>				
Product	contents/generic name	legal status	pack size	retail price
Mentholatum Ibuprofen Gel	ibuprofen 5%	GSL	50g	£2.00
Ibuleve Speed Relief Max Strength	ibuprofen 10%	GSL	40g	£8.99

Traxam Pain Relief Gel	Felbinac 3%	P	30g	£3.59
Voltarol pain-eze emugel	diclofenac 1.16%	GSL	50g	£5.50
Voltarol emugel P	diclofenac 1.16%	P	50g	£7.29

<b>antacids</b>				
Product	contents/generic name	legal status	pack size	retail price
Gaviscon Advance	sodium alginate and potassium bicarbonate	P	300ml	£8.99
Peppermint antacid tablets	calcium carbonate	GSL	72	£1.95
heartburn and Indigestion relief liquid	Aluminium- and magnesium-containing antacids	GSL	500ml	£4.00
<b>anti-diarrhoea</b>				
Product	contents/generic name	legal status	pack size	retail price
diarrhoea relief capsules	loperamide 2mg	GSL	6	80p
Immodium Instants	loperamide 2mg	GSL	6	£2.75
Dioralyte	rehydration salts	GSL	6	£3.50
<b>IBS relief</b>				
Product	contents/generic name	legal status	pack size	retail price
Buscopan IBS relief	Hyoscine butylbromide	GSL	20	£4.99
Colpermin IBS relief	Peppermint oil	GSL	20	£5.99
IBS Relief	mebeverine	GSL	15	£4.99
<b>Laxatives</b>				
Product	contents/generic name	legal status	pack size	retail price
lactulose	lactulose	P	500ml	£6.50
Senna tablets	Senna 7.5mg	GSL	24	£1.00
Dulcoease	Docusate sodium 100mg	GSL	30	£3.00
Fybogel HiFibre Orange	Ispaghula husk	GSL	10	£2.55
<b>wind/bloating</b>				
Product	contents/generic name	legal status	pack size	retail price
wind settlers	simeticone	GSL	24	£4.00
Wind relief tablets	aluminium hydroxide, magnesium hydroxide, simeticone	GSL	36	£3.99
<b>Infant colic</b>				
Product	contents/generic name	legal status	pack size	retail price
Dentinox colic drops	simeticone	GSL	100ml	£2.69
Woodwards Gripe water	Dill seed oil, sodium hydrogen carbonate	GSL	150ml	£3.59
Colief infant drop	Lactase	GSL	7ml	£11.99

Haemorrhoid preparations				
Product	contents/generic name	legal status	pack size	retail price
Anusol cream	benzyl benzoate	GSL	23g	£3.50
Anusol Plus HC ointment	hydrocortisone	P	15g	£5.49
Anusol Plus HC Suppository	hydrocortisone	P	12	£5.49
Germoloids ointment	lidocaine	GSL	25ml	£3.99
Haemorrhoid Relief Ointment	lidocaine	GSL	25g	£2.83

Dental products				
Product	contents/generic name	legal status	pack size	retail price
chlorhexidine 0.2% mouthwash	chlorhexidine	GSL	300ml	£2.50
Corsodyl mouthwash	chlorhexidine	GSL	300ml	£3.70
Corsodyl oral gel	chlorhexidine	P	50g	£3.25
Anbesol liquid	Lidocaine	P	15ml	£5.99

Dental products such as high fluoride tooth pastes and mouth washes should continue to be prescribed by dentists and not added to repeat prescriptions. Patient with oral or dental issues should be referred to their dentist for treatment or given information on registering with a dentist

cough medicine				
Product	contents/generic name	legal status	pack size	retail price
simple linctus	citric acid	GSL	200ml	£1.89
codeine linctus 15mg/5ml	codeine	P	200ml	£4.75
mucus cough syrup	guaifenesin	GSL	200ml	£3.49
cough syrup 3 months plus	glycerol	GSL	100ml	£2.29

decongestant				
Product	contents/generic name	legal status	pack size	retail price
Sudafed decongestant tablets	pseudoephedrine 60mg	P	12	£3.49
Sudafed blocked nose capsules	phenylephedrine 12mg	GSL	24	£4.99
blocked nose relief spray	oxymetazoline	GSL	22ml	£3.49

sore throat treatments				
Product	contents/generic name	legal status	pack size	retail price

Strepsils	Amylmetacresol BP 0.6mg, 2,4-Dichlorobenzyl alcohol	GSL	16	£2.69
anaesthetic sore throat spray	benzocaine	GSL	100 sprays	£5.99
<b>Dandruff/scalp treatments</b>				
Product	contents/generic name	legal status	pack size	retail price
Nizoral dandruff shampoo	ketoconazole	P	100ml	£9.19
T gel therapeutic shampoo	coal tar	GSL	250ml	£6.99
<b>Fungal nail</b>				
Product	contents/generic name	legal status	pack size	retail price
Loceryl Curanail 5%*	Amorolfine	P	3ml	£23.99
Canespro fungal nail treatment	urea	medical device	10g	£25.00
<b>topical antifungal</b>				
Product	contents/generic name	legal status	pack size	retail price
Daktarin Gold 2% cream	ketoconazole	P	15g	£5.10
clotrimazole 1% cream	clotrimazole	P	20g	£4.59
<b>topical corticosteroids</b>				
Product	contents/generic name	legal status	pack size	retail price
Eumovate cream	clobetasone	P	15g	£6.69
HC45 Hydrocortisone cream	hydrocortisone	P	15g	£3.79
<b>warts and verrucas</b>				
Product	contents/generic name	legal status	pack size	retail price
Bazuka Extra Strength	Salicylic acid	GSL	6g	£8.99
Wartner	Tica gel	GSL	1.5ml	£10.49
Bath and shower emollients are not recommended for prescribing due to limited evidence of efficacy ahead of using the patient's normal emollient as a soap substitute. Bath and shower emollients can also make surfaces very slippery *low priority for funding.				

<b>eye lubricants</b>				
Product	contents/generic name	legal status	pack size	retail price
hypromellose 0.3% eye drops	hypromellose 0.3%	P	10ml	£2.00
Clinitas Carbomer	Carbomer 0.2%	MD	10g	£3.90
Lacri-Lube	Paraffin	P	3.5g	£3.79

Head lice				
Product	contents/generic name	legal status	pack size	retail price
Hedrin	dimeticone	P (a smaller 50ml GSL pack is available although this unlikely to contain sufficient solution to provide the 2 applications advised)	150ml	£11.79
Derbac-M	malathion	P	200ml	£10.99
Lyclear	permethrin	P	2 x 59ml	£9.79
<p>All products recommend at least 2 applications as lice eggs can survive treatment. Products with longer contact time are generally thought to be more effective, but can be less acceptable to patients.</p>				
Thread worms				
Product	contents/generic name	legal status	pack size	retail price
ovex tablets	mebendazole 100mg	P	4 (family pack)	£7.79
Ovex suspension	100mg/5ml	P	30ml (family pack)	£9.59
<p>For pregnant or breastfeeding women and babies under 6 months physical removal of eggs combined with good hygiene methods is the recommended treatment. Counselling on hygiene methods is essential as the risk of reinfection is high. Treatment of all members of household is recommended regardless if symptomatic</p>				