



Southport and
Ormskirk Hospital
NHS Trust

PATIENT INFORMATION

Recommended Non- Prescription Medicine

Accident & Emergency Department

Medicines that do not need a prescription

These painkillers are available over the counter.

Paracetamol tablets 500mgs	Take two tablets up to four times a day for relief of pain or fever. DO NOT take more than four doses (eight tablets) in twenty-four hours-if in pain please seek medical advice
Paracetamol (Calpol/Disprol) Suspension for children	To be taken as directed on the bottle label, according to the age of the child.
Co-codamol tablets 8/500mgs (8mgs codeine and 500mgs paracetamol in each tablet)	Take two tablets up to four times a day. Please be aware these tablets can cause constipation and dizziness in some patients.
Ibuprofen tablets 200mgs or 400mgs	Take one x 400mgs tablet three times a day for relief of pain and/or inflammation (adult dose).To be taken with or after food. To be used with caution/avoided in patients with asthma, stomach ulcers and indigestion.

Your local pharmacist can provide advice on these medicines and other medicines you may take.

The following list is of conditions that there are over the counter medicines available for; your pharmacist is a valuable source of advice.

Acute sore throat	Conjunctivitis	Coughs colds and nasal congestion
Cradle cap	Dandruff	Diarrhoea (adults)
Dry eyes/sore tired eyes	Earwax	Excessive sweating
Haemorrhoids	Head lice	Indigestion and heartburn
Infant colic	Infrequent cold sores of the lip	Infrequent constipation
Infrequent migraine	Insect bites and stings	Mild acne
Minor burns and scalds	Mild cystitis	Mild dry skin
Mild irritant dermatitis	Mild to moderate hay fever	Minor pain, discomfort and fever (eg aches and sprains, headache, period pain, back pain)
Mouth ulcers	Nappy rash	
Oral thrush	Prevention of tooth decay	Ringworm/athletes foot
Sunburn	Sun protection	Teething/mild toothache
Threadworms	Travel sickness	Warts and verrucae

**Please call 01704 704714 if you need
this leaflet in an alternative format**

Southport and Ormskirk Hospital NHS Trust

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FOR APPOINTMENTS

Telephone (01695) 656680
Email soh-tr.appointments@nhs.net

Please remember to complete the **attached** *Friends and Family Test*.

Alternatively, you can complete the *Friends and Family Test* on-line by going to:

southportandormskirk.nhs.uk/FFT

Thank you

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