

## Appendix 1 – Conditions and Formulary

Minor Ailments	Formulary
<b>Aches and pains:</b> <ul style="list-style-type: none"> <li>• Back Pain</li> <li>• Headache</li> <li>• Migraine</li> <li>• Muscular ache</li> <li>• Period pain</li> <li>• Teething</li> <li>• Toothache</li> </ul>	Ibuprofen 100mg/5ml suspension 100ml
	Ibuprofen 200mg tablets 24
	Ibuprofen 400mg tablets 24
	Ibuprofen 5% & 10% gel 50g
	Paracetamol 120mg/5ml Oral Suspension 200ml / 100ml pack
	Paracetamol 250mg/5ml Oral Suspension 200ml / 100ml pack
	Paracetamol 500mg tablets 32
	Paracetamol 500mg soluble tablets 24 (migraine only)
<b>Allergy:</b> <ul style="list-style-type: none"> <li>• Bites and stings</li> <li>• Hay fever</li> <li>• Skin reaction</li> </ul>	Antazoline / xylometazolin eye drops 10ml
	Beclometasone nasal spray 50micrograms/ actuation 200 dose
	Cetirizine 5mg/5ml solution 200ml
	Cetirizine 10mg tablets 30
	Chlorphenamine 2mg/5ml solution 150ml
	Chlorphenamine 4mg tablets 28
	Crotamiton 10% cream
	Hydrocortisone 1% ointment / cream 15g
	Loratadine 5mg/5ml syrup 100ml
	Loratadine 10mg tablets 30
	Sodium cromoglycate eye drops 10ml
	<b>Colds and Flu;</b> <ul style="list-style-type: none"> <li>• Cough</li> <li>• Congestion</li> <li>• Sore Throat</li> <li>• Fever / temperature (including Post-immunisation pyrexia)</li> </ul>
Ibuprofen 200mg tablets 24	
Ibuprofen 400mg tablets 24	
Menthol crystals 5g	
Menthol and Eucalyptus inhalation 100ml	
Paracetamol 120mg/5ml Oral Suspension 200ml / 100ml pack	
Paracetamol 250mg/5ml Oral Suspension 200ml / 100ml pack	
Paracetamol 500mg tablets 32	
Simple Linctus s/f 200ml	
Simple Linctus Paediatric S/F 200ml	
Sodium Chloride nasal drops 10ml	
Xylometazoline 0.1% nasal drops 10ml	
Xylometazoline 0.1% nasal spray 10ml	
<b>Ear care</b> <ul style="list-style-type: none"> <li>• Earache</li> <li>• Ear infection</li> <li>• Ear wax</li> </ul>	
	Ibuprofen 24 Tablets
	Ibuprofen Suspension S/F 100ml
	Olive Oil 10ml
	Paracetamol 32 tablets
	Paracetamol SF Suspension 200ml
	Paracetamol SF Suspension 200ml
	Sodium bicarbonate ear drops 10ml
	<b>Eye care:</b> <ul style="list-style-type: none"> <li>• Bacterial Conjunctivitis</li> <li>• Styes</li> </ul>
Chloramphenicol 1% eye ointment 4g	
Gel tears 10g	
Hypromellose 0.3% eye drops 10ml	
<b>Gastrointestinal care:</b> <ul style="list-style-type: none"> <li>• Constipation</li> <li>• Diarrhoea</li> <li>• Dyspepsia</li> <li>• Haemorrhoids</li> <li>• Indigestion</li> <li>• Reflux</li> <li>• Threadworm</li> <li>• Vomiting</li> </ul>	Anusol Cream 23g
	Anusol Suppositories 12
	Anusol Plus HC ointment 15g
	Bisacodyl 5mg 20
	Co-magaldrox 195/220 suspension 500ml
	Docusate capsules 30
	Electrolade sachets 6
	Glycerol 4g suppositories 12
	Ispaghula sachets 10
	Laxido sachets 30
	Loperamide 2mg capsules 12
	Mebendazole 100mg tablets single
	Mebendazole 100mg tablets 4 or 8 pack
	Paracetamol 500mg tablets 32

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	Peptac suspension 500ml
	Piperazine and Senna sachets 2
	Ranitidine 75mg tablets
<b>Head Lice</b>	Dimeticone 4% lotion 50ml or 150ml pack
	Detection comb
<b>Mouth Care:</b>	Aciclovir 5% cream 2g
• Cold Sores	Anbesol liquid 6.5ml
• Oral Thrush	Benzydamine Oral Rinse 300ml
• Ulcers	Choline salicylate 8.7% dental gel 15g
	Hydrocortisone 2.5mg muco-adhesive buccal tabs SF20
	Miconazole oral gel 15g
	Orabase 30g
<b>Skin care</b>	Calamine in aqueous cream 100g
• Athletes foot	Chlorphenamine 2mg/5ml solution 150ml
• Chickenpox	Chlorphenamine 4mg tablets 28
• Cold sores	Clobetasone cream 15g
• Contact Dermatitis / Atopic eczema	Clotrimazole 1% cream 20g
• Fungal skin infections	Crotamiton 10% cream 30g
• Impetigo	Diprobace cream 50g
• Nappy Rash	Diprobace cream 500g
• Pruritis	Emulsifying ointment 500g
• Scabies	Hydromol ointment 125g
• Warts and verrucae	Hydromol ointment 500g
	Hydrocortisone 1% cream 15g
	Hydrocortisone 1% ointment 15g
	Miconazole HC cream
	Permethrin Cream 2x30g
	Salicylic acid 16.7% solution 10ml (salactol)
	Sudocrem 60g
	ZeroAQS cream 50g
	Zinc undecenoate 20%, undecenoic acid 5% cream 25g
<b>Vaginal Thrush</b>	Clotrimazole 1% cream 20g
	Clotrimazole 500mg pessary
	Fluconazole 150mg capsule
<b>Sundries</b>	Oral syringe 5ml
	Dropper / dropper bottle