

Appendix 1 – Conditions and Formulary

Minor Ailments	Formulary
Aches and pains: <ul style="list-style-type: none"> • Back Pain • Headache • Migraine • Muscular ache • Period pain • Teething • Toothache 	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)
Allergy: <ul style="list-style-type: none"> • Bites and stings • Hay fever • Skin reaction 	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
	Colds and Flu; <ul style="list-style-type: none"> • Cough • Congestion • Sore Throat • Fever / temperature (including Post-immunisation pyrexia)
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	
Ear care <ul style="list-style-type: none"> • Earache • Ear infection • Ear wax 	
	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
	Eye care: <ul style="list-style-type: none"> • Bacterial Conjunctivitis • Styes
Chloramphenicol 1% eye ointment 4g	
Gel tears 10g	
Hypromellose 0.3% eye drops 10ml	
Gastrointestinal care: <ul style="list-style-type: none"> • Constipation • Diarrhoea • Dyspepsia • Haemorrhoids • Indigestion • Reflux • Threadworm • Vomiting 	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
Head Lice	Dimeticone 4% lotion 50ml or 150ml pack Detection comb
Mouth Care: <ul style="list-style-type: none"> • Cold Sores • Oral Thrush • Ulcers 	Aciclovir 5% cream 2g Anbesol liquid 6.5ml Benzydamine Oral Rinse 300ml Choline salicylate 8.7% dental gel 15g Hydrocortisone 2.5mg muco-adhesive buccal tabs SF20 Miconazole oral gel 15g Orabase 30g
Skin care <ul style="list-style-type: none"> • Athletes foot • Chickenpox • Cold sores • Contact Dermatitis / Atopic eczema • Fungal skin infections • Impetigo • Nappy Rash • Pruritis • Scabies • Warts and verrucae 	Calamine in aqueous cream 100g Chlorphenamine 2mg/5ml solution 150ml Chlorphenamine 4mg tablets 28 Clobetasone cream 15g Clotrimazole 1% cream 20g Crotonon 10% cream 30g Diprobase cream 50g Diprobase cream 500g Emulsifying ointment 500g Hydromol ointment 125g 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
Vaginal Thrush	Clotrimazole 1% cream 20g Clotrimazole 500mg pessary Fluconazole 150mg capsule
Sundries	Oral syringe 5ml Dropper / dropper bottle