The NHS in East Berkshire spent over £3.7 million last year on products that can be bought without a prescription.

The NHS is under pressure. Our budget is not large enough to pay for all the treatments we would like to purchase.

NHS guidance recommends that items that can be bought without a prescription should no longer be prescribed across England.

Treatments for the following conditions are available to buy over the counter from pharmacies. NHS prescriptions will not be available for these conditions in East Berkshire from 1st September 2018:

- Acne
- Athlete’s foot
- Burns & scalds
- Cold sores
- Colds
- Colic
- Conjunctivitis
- Constipation
- Coughs
- Cradle cap
- Cystitis
- Dandruff
- Dental caries
- Diarrhoea
- Dry / sore / tired eyes
- Dry skin
- Earwax
- Excessive sweating
- Fever / high temperature
- Haemorrhoids
- Hayfever / seasonal rhinitis
- Headlince
- Heartburn
- Indigestion
- Insect bites & stings
- Irritant dermatitis
- Migraine
- Mouth ulcers
- Nappy rash
- Nasal congestion
- Acute pain
- Probiotics
- Ringworm
- Sore throat
- Sun protection
- Sunburn
- Teething
- Threadworms
- Oral thrush
- Toothache
- Travel sickness
- Vitamins & minerals
- Warts & verrucae

Website  www.eastberkshireccg.nhs.uk
Facebook  https://www.facebook.com/NHSEastBerksCCG/
YouTube  https://www.youtube.com/channel/UCq3IEMbcg3sooYNxROkluCw/videos
Twitter  @NHSEastBerksCCG