

## General Restrictions for OTC Sale

Consult individual summary of product characteristic for full product information. All OTC restrictions have been completed to the best of our knowledge and further advice can be obtained at the point of purchase during the pharmacy consultation.

Condition	Circumstances when not suitable for OTC sale
Acute sore throats	<b>Ibuprofen</b> – long term conditions requiring regular pain relief, asthma, unstable high blood pressure, taking anticoagulants, stomach ulcer, perforation or bleeding (active or history of), renal, hepatic or cardiac impairment, pregnancy, breastfeeding, children under 3 months and not for use in chicken pox
	<b>Paracetamol</b> - long term conditions requiring regular pain relief, severe renal or severe hepatic impairment, children under 2 months, babies born before 37 weeks and babies weighing less than 4kg
Infrequent cold sores of the lip	<b>Aciclovir cream 5%</b> - Immunocompromised and terminally ill. Only to be applied to face and lips
Conjunctivitis	<b>Chloramphenicol 0.5% eye drops &amp; 1% eye ointment</b> – children under 2 years, pregnancy and breastfeeding. Not suitable for other ocular infections.
Coughs, colds, nasal congestions	<b>Ibuprofen</b> – long term conditions requiring regular pain relief, asthma, unstable high blood pressure, taking anticoagulants, stomach ulcer, perforation or bleeding (active or history of), renal, hepatic or cardiac impairment, pregnancy, breastfeeding, children under 3 months and not for use in chicken pox
	<b>Paracetamol</b> – long term conditions requiring regular pain relief, severe renal or severe hepatic impairment, children under 2 months, babies born before 37 weeks and babies weighing less than 4kg
	<b>Pseudoephedrine (Sudafed®)</b> – tablets not suitable for children under 12 years, liquid not suitable for children under 6 years, pregnancy, breastfeeding, hypertension, severe coronary artery disease, severe renal impairment, phaeochromocytoma, diabetes, hyperthyroidism and closed angle glaucoma
Cradle cap	<b>Olive oil, baby oil, emulsifying ointments and shampoos</b> – not to be used on broken or infected skin or if it has spread to the face
Haemorrhoids	<b>Zinc oxide haemorrhoid products</b> – children under 18 years, pregnancy, breastfeeding, rectal bleeding or blood in the stool
Infant colic	<b>Dimeticone 42mg/5ml infant drops (Dentinix Infant Colic Drop®)</b> – should be avoided in fructose, glucose-galactose or sucrose intolerant patients as it contains sucrose
Mild cystitis	<b>Sodium citrate 4g sachet products</b> – men, children under 16 years, diabetes, heart disease, hypertension, renal disease, pregnancy and breastfeeding
	<b>Potassium citrate products</b> – children under 6 years, history of renal disease pregnancy and breastfeeding
Mild irritant dermatitis	<b>All products</b> – broken or inflamed skin
	<b>Steroid creams</b> –pregnancy, breastfeeding, for children under 10 years and not for use on the eyes, face or ano-genital region
	<b>Emollients</b> – see section on mild dry skin
Dandruff	<b>All products</b> – pregnancy and breastfeeding
	<b>Ketoconazole shampoo (Nizoral®)</b> – children under 12 years
	<b>Coal tar shampoo (Polytar® Scalp Shampoo)</b> – children under 12 years, infected open skin lesions and sore or acute pustular psoriasis
	<b>Selenium sulfide shampoo (Selsun®)</b> – children under 5 years
Diarrhoea (acute) (adults only)	<b>All products</b> - pharmacy to refer to GP for chronic or persistent diarrhoea
	<b>Oral rehydration sachets</b> – patients with liver or renal disease, patients on low potassium/sodium diets and patients with diabetes
	<b>Loperamide</b> – inflammatory bowel disease, post bowel surgery, post pelvic radiation, colorectal cancer and children under 12 years old
Dry eyes/sore tired eyes	<b>Lubricant eye treatments</b> - pregnancy, breastfeeding and contact lenses
Earwax	<b>No restrictions</b>
Excessive sweating	<b>No restrictions</b>
Headlice	<b>All products</b> – children under 6 months
Indigestion and heartburn	<b>All products</b> – pregnancy, breastfeeding, jaundice or liver disease
	<b>Gaviscon®</b> - children under 12 years, renal failure, hypercalcaemia, nephrocalcinosis, kidney stones
	<b>Gaviscon® Infant</b> – children under 12 months and children over 2 years, babies born before 37 weeks and in renal impairment
	<b>Esomeprazole and pantoprazole</b> – children under 18 years or adults over 55 years with new or recently changed symptoms. Only suitable for occasional use
	<b>Ranitidine</b> – children under 16 years, peptic ulceration or elderly taking NSAIDS. Only suitable for occasional use.
Infrequent constipation	<b>Lactulose</b> – galactosaemia, gastro-intestinal obstruction, digestive perforation or risk of digestive perforation
	<b>Bisacodyl</b> – acute inflammatory bowel diseases, severe dehydration, pregnancy and breastfeeding and children under 12 years
	<b>Senna</b> – severe dehydration, children under 12 years, pregnancy and breastfeeding
	<b>Ispaghula Husk Granules</b> – children under 6 years and diabetes
Infrequent migraine	<b>Ibuprofen</b> – long term conditions requiring regular pain relief, asthma, unstable high blood pressure, taking anticoagulants, stomach ulcer, perforation or bleeding (active or history of), renal, hepatic or cardiac impairment, pregnancy, breastfeeding and children under 12 years
	<b>Paracetamol</b> – long term conditions requiring regular pain relief, severe renal or severe hepatic impairment, children under 2 months, babies born before 37 weeks and babies weighing less than 4kg
	<b>Prochlorperazine maleate</b> – patients under 18 years old, impaired liver function, existing blood dyscrasias, epilepsy, Parkinson's disease, prostatic hypertrophy, narrow angle glaucoma, pregnancy and breastfeeding
	<b>Sumatriptan 50mg tablets</b> – people who have 4 or more attacks per month, atypical symptoms, aged under 18 or over 65 years, headaches that last >24 hours, pregnant or breastfeeding

<b>Insect bites and stings</b>	<b>Mepyramine maleate 2% (Anthisan® Bite and Sting Cream 2%®)</b> – children under 2 years, pregnancy and breastfeeding
	<b>Savlon® Bites and Stings Pain Relief Gel</b> – children under 12 years
<b>Mild acne</b>	<b>Benzoyl peroxide-containing preparation</b> – pregnancy, breastfeeding, damaged skin and children under 12 years
<b>Mild dry skin</b>	<b>All Emollients</b> – broken or infected skin
	<b>Aveeno® Cream and lotion</b> – babies under 3 month olds
	<b>E45 for children lotion</b> – babies under 1 month old
	<b>Cetaban® Cream and lotion</b> – babies under 1 year olds
<b>Sunburn</b>	<b>No restrictions</b>
<b>Sun protection</b>	<b>No restrictions</b>
<b>Hayfever / allergic rhinitis</b>	<b>Cetirizine</b> – tablets children under 6 years, 1mg/ml solution children under 2 years, epilepsy, renal impairment, rare hereditary problems of fructose intolerance, pregnancy and breastfeeding
	<b>Loratadine</b> – tablets children under 6 years, 1mg/ml syrup children under 2 years, rare hereditary problems of galactose intolerance, the Lapp lactase deficiency or glucose-galactose malabsorption, liver impairment, pregnancy and breastfeeding
	<b>Chlorphenamine</b> – tablets children under 6 years, 2mg/5ml solution children under 1 year. Not within 14 days of taking a monoamine oxidase inhibitors, epilepsy, raised intra-ocular pressure including glaucoma, prostatic hypertrophy, hypertension or cardiovascular disease, bronchitis, bronchiectasis or asthma, hepatic impairment, renal impairment, rare hereditary problems of galactose intolerance, Lapp lactase deficiency or glucose-galactose malabsorption, pregnancy and breastfeeding. Not to be used continuously for more than two weeks without consulting a doctor and avoid use in elderly patients with confusion.
	<b>Acrivastine</b> – children under 12 years and adults over 65 years, renal impairment, rare hereditary problems of galactose intolerance, the Lapp lactase deficiency or glucose-galactose malabsorption, pregnancy and breastfeeding
	<b>Beclomethasone 0.05% nasal spray</b> – children under 18 years, pregnancy and breastfeeding. For up to three months continuous use during allergy season for OTC
	<b>Sodium cromoglicate 2% eye drops</b> - children under 6 years, pregnancy and breastfeeding
<b>Minor burns and scalds</b>	<b>No restrictions</b>
<b>Minor conditions associated with pain</b>	<b>Ibuprofen</b> – long term conditions requiring pain relief, asthma, unstable high blood pressure, severe renal or severe hepatic impairment, taking anticoagulants, stomach ulcers/problems, children under 3 months, pregnancy, breastfeeding and not for use in chicken pox
	<b>Paracetamol</b> – long term conditions requiring pain relief, severe renal or severe hepatic impairment, children under 2 months, babies born before 37 weeks and babies weighing less than 4kg
	<b>Co-codamol</b> – children under 12 years, severe liver disease, breastfeeding and pregnancy. Maximum of three days treatment for OTC due to risk of addiction
<b>Mouth ulcers</b>	<b>All products</b> – pregnancy and breastfeeding
	<b>Choline salicylate/cetalkonium chloride (Bonjela®)</b> – children under 16 years, active peptic ulceration
	<b>Lidocaine hydrochloride/chlorocresol cetylpyridinium chloride (Anbesol®)</b> – children under 5 months
	<b>Benzocaine (Orajel® Mouth gel)</b> – children under 12 years
<b>Nappy rash</b>	<b>No restrictions</b>
<b>Oral thrush</b>	<b>Miconazole 2% oral gel (Daktarin® oral gel)</b> – children under 4 months, pregnancy, breastfeeding, liver dysfunction, patients taking warfarin and statins
<b>Prevention of dental caries</b>	<b>Chlorhexidine digluconate mouthwashes</b> – children under 12 years
<b>Ringworm / athlete's foot</b>	<b>All products</b> – diabetic patients, pregnancy and breastfeeding
	<b>Terbinafine hydrochloride 1%</b> - children under 16 years
<b>Teething / mild toothache</b>	<b>Ibuprofen</b> – long term conditions requiring regular pain relief, asthma, unstable high blood pressure, taking anticoagulants, stomach ulcer, perforation or bleeding (active or history of), renal, hepatic or cardiac impairment, pregnancy, breastfeeding, children under 3 months and not for use in chicken pox
	<b>Paracetamol</b> – long term conditions requiring regular pain relief, severe renal or severe hepatic impairment, children under 2 months, babies born before 37 weeks and babies weighing less than 4kg
	<b>Dentinox® Teething Gel</b> – babies under 5 months
	<b>Bonjela® Teething Gel</b> – babies under 5 months, heart disease and liver disease
<b>Threadworms</b>	<b>Mebendazole 100mg tablets</b> – children under 2 years, pregnancy and breastfeeding
<b>Travel sickness</b>	<b>Cinnarizine tablets 15mg (Stugeron®)</b> – Parkinson's, people with fructose or galactose intolerance, Lapp lactase deficiency, glucose-galactose malabsorption or sucrose-isomaltase insufficiency should not take this medicine because it contains lactose and sucrose, porphyria, children under 5 years, pregnancy and breastfeeding. Not suitable for any other causes of nausea or dizziness for OTC.
	<b>Hyoscine hydrobromide tablets 150mcg (Joyrides® and Kwells®)</b> – children under 3 years for Joyriders® brand under 4 years for Kwells® brand, epilepsy, glaucoma, pregnancy, breastfeeding, paralytic ileus, pyloric stenosis/prostatic enlargement, myasthenia gravis
<b>Warts and verrucae</b>	<b>Verruca gels and wart paint/ointment containing salicylic acid and lactic acid</b> – diabetic patients, impaired peripheral blood circulation, not for use on face, neck, ano-genital area, moles, birthmarks, hair warts or skin lesions and broken skin
	<b>Wart freeze treatments (Scholl® Freeze and Bazuka® Subzero)</b> – as above but also including children under 4 years

#### Reference and acknowledgements

Electronic Medicines Compendium (emC): Directory of prescribing and patient information for licensed medicines. Available at: <https://www.medicines.org.uk/emc/> - Last accessed 18/09/2020

PrescQIPP: Self-Care and over-the-counter items. Available at: <https://www.prescqipp.info/media/4056/227-self-care-and-otc-items-quick-reference-guide-24.pdf> - Last accessed 18/09/2020