

## Home Treatment

Even minor illnesses and ailments such as colds, headaches and diarrhoea can disrupt your life. Be prepared for most common ailments by **keeping a well-stocked medicine cabinet at home.**

Always follow the directions on medicine packets and information leaflets, and **never take more than the stated dose.**

If you have questions about any of these medicines or you want to buy them, ask your local pharmacist.

Always **keep medicines out of the sight and reach of children.**



A high, lockable cupboard in a cool, dry place is ideal.

Regularly **check the expiry dates on a medicine.**

## Home Treatment

We suggest you keep the following:



- Paracetamol and aspirin (children under 16 and people with asthma should not take aspirin)
- Antihistamines - These are useful for dealing with allergies and insect bites. They're also helpful if you have hay fever.
- Mild laxatives & anti-diarrhoeal medicines
- Rehydration mixture
- Indigestion remedy (for example, antacids)
- Travel sickness tablets
- Sunscreen – SPF15 or higher & Sunburn treatment (for example, calamine)
- Tweezers and sharp scissors
- A thermometer
- A selection of plasters, non-absorbent cotton wool, elastic bandages and dressings.

**Learn more about treating common conditions at NHS Choices**

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[www.stonymedicalcentre.co.uk](http://www.stonymedicalcentre.co.uk)

*Access to medical advice without waiting?*

*Access to medication without a prescription?*

*Too good to be true?*



**Read on.....**

## Help & advice with minor ailments from your local Chemist

Pharmacy teams can give advice about a range of common conditions and minor injuries such as;



- skin conditions, such as mild acne and mild eczema
- coughs and colds, including nasal congestion and sore throat
- minor cuts and bruises
- constipation and haemorrhoids (piles)
- hay fever and allergies
- aches and pains, such as headaches, earache and back pain
- indigestion, diarrhoea and threadworms
- period pain and thrush
- warts and verrucas, mouth ulcers and cold sores
- athlete's foot
- nappy rash and teething

### Why wait for an appointment with your GP?

- You **don't need an appointment** with your local chemist;
- Your local chemist is **open 6 (sometimes 7) days a week;**

If you would like to buy an over-the-counter medicine, the pharmacist can help you choose one.

## The Minor Ailments Scheme at your Local Chemist

Did you know many pharmacies in Milton Keynes run a minor ailment scheme for common health problems like aches and pains, skin conditions and stomach upsets?

If your pharmacy runs a minor ailment scheme, the pharmacist will be able to assess your needs, give you advice, suggest medicines if appropriate, and refer you to a GP if necessary.

When pharmacies provide medicines as part of a minor ailment scheme, you get the medicines on the NHS.

Therefore if you're exempt from prescription charges, or if you have a prescription prepayment certificate (PPC) – **you won't pay for the medicine.**

### Why wait for an appointment with your GP?

- You can be seen at your local pharmacist **without an appointment and;**
- You could walk away with the exact same medication your GP would have issued to you AND you may not even have to pay for it!



## NHS Choices

NHS Choices is a mine of information relating to health complaints and preventative treatment.

Consider using NHS Choices to learn about any medical condition you may have and reference it for the treatment of minor ailments.



NHS Choices is available 365 days per year, anywhere that you can get an internet connection.

### Why not give it a go?

[www.nhs.uk](http://www.nhs.uk)

**Love your NHS  
Use its resources wisely  
and assure its future**

*(Please do resist the urge to follow links to endless health sites. Some are a little wackier than others! NHS Choices however is an excellent starting point).*