

# Self care

is the best choice to treat common ailments and minor illnesses



If treatment is needed, a wide range of medications can be purchased from community pharmacies and supermarkets. These medications are usually cheaper than a prescription and you can get them without seeing your doctor.

Hay fever



Antihistamine tablets and syrup;  
**Steroid nasal sprays;**  
Eye drops;  
**Decongestants;**  
Simple pain relief, e.g. paracetamol

Indigestion



or heartburn

Antacid medicines and alginates reduce the symptoms of heartburn and relieve pain.

Pain



Simple pain relief, e.g. paracetamol and anti-inflammatory drugs, e.g. ibuprofen.

Coughs and colds



Simple pain relief, e.g. paracetamol or ibuprofen;  
**Cough mixtures (may contain paracetamol);**  
Cold remedies (may contain paracetamol);  
**Decongestants.**

Piles (Haemorrhoids)



and constipation

Creams, ointments or suppositories can help soothe;  
**Local anaesthetics may relieve pain, burning and itching;**  
Laxatives can make it easier to go to the toilet and reduce straining.



Pharmacists are an expert source of advice and will use their professional judgement to decide with you what the best course of action is for your condition.  
**Speak to a local pharmacist to get advice on the best treatment for your symptoms.**  
Always read the patient information leaflet that is included with the medicine.

