

### Choose Pharmacy

#### Do you need to see a doctor today?

Your Pharmacist can provide free, confidential NHS advice and treatment on a range of common ailments without you having to make an appointment to see your GP.



Find a Pharmacy near you and what services are available.

<https://111.wales.nhs.uk/localservices/?s=Pharmacy&pc=n&sort=default>

**Test and Treat –** This service is for a severe sore throat or persistent sore throat. (lasted more than 7 days) This service is available to help determine whether a sore throat is being caused by a viral or bacterial infection so you can get expert advice and treatment quickly without having to visit your GP.

You will have a consultation with a pharmacist, who will use a set of structured questions and possibly a swab test to determine the cause of your sore throat. If your sore throat is determined to be a viral infection which antibiotics will not treat, the Pharmacist can advise on steps to take to recover. The Pharmacist can also provide antibiotics if the test reveals a bacterial infection.

**Common Ailments Service** –The below list of minor ailments can be treated by your local pharmacist free of charge.

Condition	Suitability for Referral to Pharmacy	Exclusion Criteria
Acne	Patients >12 years	Infected acne.
Athlete's Foot	All patients	Poorly controlled diabetics.
Back Pain	Patients 18-50 years	Diabetic /immunocompromised/cancer patients.
Chicken Pox	Patients 4 weeks to 14 years.	Systemically unwell.
Cold Sores*	Patients over 4 weeks.	Pregnancy near term/immunocompromised/severe infection.
Colic*	All infants	Systemically unwell.
Conjunctivitis	Patients > 2 years	Pregnant/breastfeeding/visual disturbance/pain/history of blood disorder (Consider referring eye issues to an optician).
Constipation	Patients >18 years	Blood in stool/weight loss/abdominal pain/> 60 and change in bowel habit/persistent symptoms.
Diarrhoea*	Patients > 1 year	Systemically unwell/foreign travel/recent antibiotic treatment/> 60 and change in bowel habit/persistent >1 week/weight loss/blood in the stool.
Dry Eyes	Suitable for adults	Visual disturbance/pain (Consider referring eye issues to an optician).
Dry skin/ Dermatitis	All patients	Infection suspected
Haemorrhoids (Piles)	Patients > 18 years of age	Pregnant women/change in bowel habit/abdominal pain/weight loss/systemically unwell.
Hay Fever	Patients > 2 years	Pregnant/breastfeeding women.
Head Lice	All patients	Scalp inflammation.
Indigestion/ Reflux	Patients >18 years	Aged 55 or over with persistent symptoms/blood in stool or vomit/weight loss/difficulty swallowing/abdominal swelling/persistent vomiting.
In growing toenail*	All patients	Secondary infection/nail disease
Intertrigo (fungal infection of skin folds)	All patients	Poorly controlled diabetes/systemically unwell.

Mouth Ulcers	Patients > 12 years	Systemically unwell/multiple large lesions.
Nappy Rash	All children	Systemically unwell.
Oral thrush	Patients > 4 weeks old	Poorly controlled diabetes.
Ringworm	All patients	Immunocompromised/poorly controlled diabetes/infection on scalp.
Scabies	Patients > 2 years	Systemically unwell/secondary infection.
Sore Throat/ Tonsillitis	All patients	Immunocompromised/systemically unwell.
Teething	Children > 3 months	Systemically unwell.
Threadworm	Patients > 6 months	Pregnant/breastfeeding.
Vaginal Thrush	Females 16-60 years	Poorly controlled diabetes/pregnant/breastfeeding/ immunocompromised.
Warts and Verru- ca	Patients >2 years	Diabetic/poor circulation/multiple lesions/bleeding/pain/face or ano- genital regions affected.

**Note** - \* indicates a condition for which the pharmacy is unable to provide free treatment through the NHS. Consider this when referring patients with these conditions.