

**STAYWELL**



**NHS**

*Think  
Pharmacy  
First*

## Checklist

Remember to take the following information to the pharmacy with you:

- Your NHS Number or your child's NHS number
- Passport, driving licence or some other proof of who you are
- Proof of exemption from paying prescription charges.

If you do not know your NHS number you can contact your GP practice and ask them to look it up for you.

## Remember

Think Pharmacy First for the advice you need to get you on the road to recovery. Your pharmacy can offer advice if you're worried about your symptoms and alert you to warning signs that may suggest you need to see your GP or seek further medical advice.

Find out if you're entitled to receive prescriptions free of charge.  
Visit [www.nhs.uk](http://www.nhs.uk) and search for prescription costs.

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*Do you normally get your  
prescriptions free of charge?*

If you normally get your prescriptions free of charge and you're feeling unwell, visit your pharmacist first. They can give you advice and treat a range of common ailments without the need for a doctor's appointment. If you want to talk in private ask to use the consultation room. All pharmacies operating the scheme have them.

## *What is Pharmacy First?*

Pharmacy First is a scheme available for children and people who don't have to pay for their prescriptions and are suffering from a common ailment.

Your local pharmacist can offer you expert advice and medicines for a wide range of common ailments without the need to visit your GP. No appointment is necessary but you will need to give the pharmacist your NHS number, or your child's NHS number to receive advice and, where appropriate, medicines free of charge.

If you do not know your NHS number you can contact your GP practice and ask them to look it up. To protect your privacy, they may ask you to show them a passport, driving licence or some other proof of who you are.

## *What is a common ailment?*

A common ailment can be an illness or condition that affects your health but can easily be treated with over the counter medicines.

## *Where is Pharmacy First available?*

Pharmacy First is not available everywhere. The scheme is currently being run in Dudley, Wolverhampton, Sandwell and parts of Birmingham as well as some areas of Nottinghamshire, Shropshire and Staffordshire and parts of Coventry and Warwickshire.

## *What common ailments are included in the scheme?*

Some of the common ailments included are:

- bites, stings, allergies and hay fever
- constipation, diarrhoea
- earache
- teething
- sore throat
- vaginal thrush
- athlete's foot
- acute bacterial conjunctivitis
- haemorrhoids
- threadworm
- warts and verrucas.

All of these conditions can be treated with over the counter medicines from your local pharmacy.

The list of common ailments may differ slightly in some areas, so speak to your local pharmacist to check what medicines are available to you.

The pharmacist isn't required to give you brand named medicines and may choose a suitable alternative.

## *How long can common ailments last?*

A common ailment can last longer than you might think:

- an ear infection can last at least four days
- sore throat - one week
- acute bacterial conjunctivitis - seven to 14 days
- diarrhoea - a few days to a week.