

Hay fever



The NHS are no longer routinely prescribing hay fever treatments for items which can be bought from a supermarket or Pharmacy.

Please don't ask for the following hay fever treatments to be prescribed.

Items which can be bought from a supermarket or pharmacy

- Chlorphenamine (Piriton)
- Cetirizine (Zirtek, Piriteze)
- Loratadine (Clarityn)
- Steroid Nasal Spray (Beconase)

Items which can only be bought from a pharmacy

- Steroid Nasal Spray (Pirinase)
- Acrivastine tablets (Benadryl)

REMEMBER some brands of medicines can be more expensive than others. Ask your pharmacist to provide information on the cheapest option for you.

QUICKER



EASIER



SIMPLE



CONSIDERATE



For information to support self-care and to help manage minor illnesses visit www.nhsstaywellderbyshire.co.uk

Be self-care aware