

# 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](http://www.nhsstaywellderbyshire.co.uk)

**Be self-care aware**