

Over the counter items - GP guide to self-care for mild to moderate hay fever/seasonal rhinitis

Ingredient	Price* and examples of brands available	OTC restrictions (<i>not an exhaustive list</i>)	Classification
<p>Chlorphenamine 4mg tablets</p> <p>Chlorphenamine 2mg/5ml solution</p>	<p>Pharmacies own brand £1.45 for 30</p> <p>Piriton® tablets £3.69 (RRP) for 30</p> <p>Piriton® solution £4.99 (RRP) for 150mls</p>	<ul style="list-style-type: none"> • Tablets -- children under 6 years • Solution -- children under 1 years • Pregnancy or breastfeeding • Adult or children taking monoamine oxidase inhibitors within the last 14 days • Caution in epilepsy; raised intra- ocular pressure including glaucoma; prostatic hypertrophy; severe hypertension or cardiovascular disease; bronchitis, bronchiectasis or asthma; hepatic impairment; renal impairment • Rare hereditary problems of galactose intolerance, Lapp lactase deficiency or glucose-galactose malabsorption 	P
<p>Loratadine 10mg Tablets</p> <p>Loratadine 5mg/5ml syrup</p>	<p>Pharmacy own brand tablets £1.90 for 30 tablets</p> <p>Pharmacy own brand liquid £3.99 for 120mls</p> <p>Clarityn allergy® tablets £10.00 for 30</p> <p>Clarityn Allergy Syrup® £5.59 for 70ms</p>	<ul style="list-style-type: none"> • Tablets -- children under 6 years and under 30kgs body weight • Syrup -- children under 2 years • Pregnancy, breastfeeding • Liver impairment • Rare hereditary problems of galactose intolerance, the Lapp lactase deficiency or glucose- galactose malabsorption 	GSL/P depending on pack sizes
<p>Cetirizine 10mg tablets</p> <p>Cetirizine solution 5mg/5ml</p>	<p>Pharmacy own brand tablets £1.90 for 30</p> <p>Pharmacy own brand liquid £4.99 for 200mls</p> <p>Benadryl Allergy® tablets £9.99 for 30</p> <p>Benadryl Allergy® solution £5.99 (RRP) for 100mls</p>	<ul style="list-style-type: none"> • Tablets -- children under 6 years • Solution -- children under 2 years (depending on the brand) • Renal impairment • Rare hereditary problems of fructose intolerance • Pregnancy, breastfeeding • Epilepsy 	GSL/P depending on pack sizes

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Acrivastine 8mg	Benadryl® capsules £9.34 (RRP) for 24	<ul style="list-style-type: none"> • Children under 12 years • Adults over 65 years • Pregnancy, breastfeeding • Renal impairment • Rare hereditary problems of galactose intolerance, the Lapp lactase deficiency or glucose-galactose malabsorption 	GSL
Beclomethasone 0.05% nasal spray	Pharmacy own brand £3.49 for 200 doses Beconase Hayfever® £10.99 (RRP) for 180 doses	<ul style="list-style-type: none"> • Children under 18 years • Pregnancy, breastfeeding 	GSL/P depending on pack sizes
Fluticasone propionate 50mcg/dose nasal spray	Pirinase Hayfever Relief® £8.69 (RRP) for 60 sprays	<ul style="list-style-type: none"> • Children under 18 years • Pregnancy, breastfeeding 	GSL/P depending on pack sizes
Sodium cromoglicate 2% eye drops	Pharmacy own brand £2.99 for 10mls Opticrom Hayfever Relief® £5.74 for 10mls	<ul style="list-style-type: none"> • Children under 6 years • Pregnancy, breastfeeding 	GSL

* Prices may vary. Recommended retail price (RRP) correct as at March 2019. Reference: PrescQIPP over the counter items - GP guide to self-care <https://www.prescqipp.info/media/3923/227-over-the-counter-items-21.pdf>