

## Free advice and treatment

Advice from your pharmacist is always free but thanks to the Think Pharmacy First scheme they can also provide treatment for the minor illnesses below:

### Aches and pains

- Back pain
- Headache
- Migraine
- Period pain
- Teething
- Toothache

### Allergies

- Bites and stings
- Hay fever
- Skin reaction

### Colds and flu

- Cough
- Congestion
- Sore throat
- Fever and/or temperature

### Ear care

- Earache
- Ear infection
- Ear wax

### Head lice

### Eye care

- Bacterial conjunctivitis (sticky eyes)
- Styes

### Stomach aches

- Constipation
- Diarrhoea
- Haemorrhoids
- Indigestion
- Reflux
- Threadworm
- Vomiting

### Any skin or mouth problem

- Athletes foot
- Chickenpox
- Cold sores
- Contact dermatitis (inflammation of skin)
- Fungal nail infection
- Impetigo (blisters)
- Nappy rash
- Scabies
- Skin rash
- Vaginal thrush
- Warts and verrucae

"Think Pharmacy First is a scheme that has been developed to encourage people in our area get convenient advice from their pharmacist. Lots of people suffer from minor ailments which don't usually require a GP appointment and your pharmacist is often more convenient to visit.

"Pharmacists are highly trained experts and fully qualified to give health advice on a range of health issues including coughs, colds and sore throats."

Gateshead GP Dr Dan Cowie  
Newcastle GP Dr Steve Summers

## Where is Think Pharmacy First available?

All community pharmacies in Gateshead and Newcastle are taking part in the scheme.

To find your nearest pharmacy, visit :  
[www.newcastlegatesheadccg.nhs.uk/thinkpharmacyfirst](http://www.newcastlegatesheadccg.nhs.uk/thinkpharmacyfirst) or  
ring **NHS 111**

For any further advice or information when the pharmacy is closed, please call 111.



When it's less urgent than 999

This document is available in large print, other formats and languages on request.  
Tel: 0191 217 2670.

Review date: Jan 2017

**Think Pharmacy First**

Free health advice and treatment by your local community pharmacist

[newcastlegatesheadccg.nhs.uk](http://newcastlegatesheadccg.nhs.uk)  
Think Pharmacy First  
@NHSngccg



**A pharmacist studies for five years to become fully trained.** So they are experts in the use of medicines, fully qualified to diagnose and treat minor illnesses and are able to recognise when you may need a doctor's help.

For many illnesses, your local pharmacist can provide free help, advice and where needed medication to help you and your family feel better.

As healthcare professionals, pharmacists are required to continue to update their knowledge and skills at all times.

## What are minor illnesses?

On the back of this leaflet, there are a range of illnesses that you can go and visit your pharmacist with but to make it easier, we've summarised these into eight areas:

1. Aches and pains
2. Allergies
3. Colds and flu
4. Ear care
5. Eye care
6. Stomach aches
7. Head lice
8. Any skin or mouth problem

## How can Think Pharmacy First help you?

We know that people visit their GP with minor illnesses, which their local pharmacist could help with. By visiting your local pharmacy, you could save yourself the time and with no appointment needed, you can just walk in at a time convenient to you.

If you have a family and you're worried about one of your children, you can go straight to the pharmacy and discuss any problems with your pharmacist even without your child being there.

All pharmacists provide free help and advice and can recommend medicine, if you need it that will help clear up your problem. Many pharmacies also have a confidential room where you can go and discuss your medical needs in private.

If your condition is more serious they will then refer you to your GP.

What's more, many pharmacies are open in the evenings and on the weekends. Visit [www.newcastlegatesheadccg.nhs.uk/thinkpharmacyfirst](http://www.newcastlegatesheadccg.nhs.uk/thinkpharmacyfirst) or call 111 to find out more.



## Can I get free medicines?

If you don't normally pay for your medicines, then you don't need to pay with Think Pharmacy First – you can get them free and over the counter from your local pharmacist without the need to see your GP.

To get the free treatment, you will need to sign the prescription, which includes a declaration to say that you're entitled to free treatment.

- There are 50 pharmacies in Gateshead with 34 open on Saturdays and 6 on Sundays
- The Co-operative Pharmacy, Arndale House, Birtley, is open 100 hours per week with late night opening
- There are 65 pharmacies in Newcastle with 42 open on Saturdays and 10 on Sundays
- Boots, Kingston Park Shopping Centre, Brunton Lane, Newcastle and Benwell Pharmacy, 59 Adelaide Terrace, Benwell, Newcastle are open 100 hours per week with late night opening

