

## Minor Ailment Service

Community pharmacies also offer a FREE minor ailment (illness) service to certain patients who are eligible. If your pharmacist thinks you need a medicine to treat your minor ailment then they may be able to supply it free of charge.

Minor ailments that community pharmacists can treat include:

- Nasal congestion
- Hayfever
- Cold sore
- Sore throat
- Mouth Ulcer
- Pain
- Athletes foot
- Acne
- Ear Wax
- Earache
- Wart
- Verruca

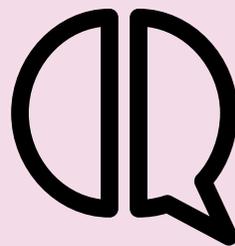
## Medication

If you have any questions or concerns about the medicines you are taking ask your community pharmacist.

Community pharmacists can provide advice if you forget to order your medication from your GP in time and, in some cases, might be able to give you a supply.

## Emergency Contraception

Community pharmacies can provide free emergency contraception, where appropriate, to females aged 13 years or over.

 **let's talk  
medicines**

[www.nhsforthvalley.com/pharmacyfirst](http://www.nhsforthvalley.com/pharmacyfirst)



# COMMUNITY PHARMACY SERVICES

Need healthcare advice without a GP appointment?

Go to your Pharmacy First.



Please seek advice from your local pharmacist for any of these minor ailments before you make an appointment to see a GP.

## Pharmacy First Service

Pharmacy First allows patients to access FREE advice and / or treatment for a number of different common conditions.

Your pharmacist will ask you about your symptoms in order to give you the right advice. You should be aware there are some exclusions which can prevent your pharmacist from treating you and you may need to be referred to your GP.

If you think you might be suffering from any of the conditions within this leaflet speak to your local community pharmacist who will be able to provide advice and/ or treatment.

Conditions covered by Pharmacy First:

### Urinary Tract Infection

Treatment is only available for women aged between 16 and 65 years old.

### Impetigo

Treatment is only available for those aged 2 years and above.

### Bacterial Conjunctivitis

Treatment is only available for those aged 1 year and above.

### Vaginal Thrush

Treatment is only available for women aged between 16 and 60 years old.

### Skin Conditions

(Eczema, dermatitis, allergic reactions to insect bites)

Treatment is only available for those aged 2 years and above.

### Skin Infections

(Cellulitis, infected insect bites, nail infections)

Treatment is only available for those aged 18 years and above.

## Stop Smoking Service

Community pharmacies give FREE advice and information about how to stop smoking.

If you want to give up smoking but don't know where to start then don't worry - help is at hand and it's never too late to stop. Whatever your age, however long you've been a smoker, you'll start feeling better. In fact some of the good effects are almost instant.

All Community pharmacies in Forth Valley offer 1-1 stop smoking support and free NRT (Nicotine Replacement Therapy) for up to 12 weeks for those 12 years and over.

## NHS Inform

NHS inform is Scotland's national health information service which provides health information and advice online, over the phone or via webchat.

<http://www.nhsinform.scot>

Telephone: 0800 22 44 88