NHS
Kent and Medway

Referral to local pharmacy for hay fever treatment - No prescription required

Your GP practice has diagnosed you with a common condition, Hay fever, which can be treated with a medication that is available to buy over the counter from your local pharmacy.

You do not need to make an appointment to attend the pharmacy, just pop in anytime and they will be happy to help you.

Ask the pharmacist for help and advice on the most appropriate medication to relieve your symptoms of Hay fever or it recommended you purchase one of the products listed below:

- ☐ **Cetirizine tablets or liquid**
- ☐ **Loratadine tablets or liquid**
- ☐ **Fexofenadine tablets**
- ☐ **Chlorphenamine tablets or liquid**
- ☐ **Diphenhydramine tablets**
- ☐ **Beclomethasone nasal spray**
- ☐ **Budesonide nasal spray**
- ☐ **Xylometazoline Hydrochloride nasal spray**
- ☐ **Fluticasone nasal spray**
- ☐ **Sodium Cromoglycate eye drops**
- ☐ **Other: _____**

If at any time you are concerned about your condition or if your symptoms are not improving after a few days of treatment with over-the-counter medications, you should contact the local pharmacist for more advice.

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