

# **Pharmacy Services**

# **The Forth Valley Minor Ailments Service Formulary**

**2<sup>nd</sup> edition**

**December 2007**

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## Contact numbers

### For Queries relating to the Forth Valley Minor Ailments Service Formulary:

Prescribing Support Team  
NHS Forth Valley  
Euro House  
Wellgreen Place  
STIRLING  
FK8 2DJ  
Tel: 01786 431200  
Fax: 01786 431199

### For General Queries relating to the Minor Ailments Service:

Forth Valley Community Pharmacist Practitioner Champions:

Matthew Barclay	Mobile: 07920-294457	Email: <a href="mailto:matthew.barclay@nhs.net">matthew.barclay@nhs.net</a>
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Practitioner Services National ePharmacy Service Helpdesk:

Email: [PSDHelp@psd.csa.scot.nhs.uk](mailto:PSDHelp@psd.csa.scot.nhs.uk)

Tel: 0131 275 6600

### For Technical or Hardware Problems

These queries should be directed to your PMR / system supplier helpdesk

Additional general IT Support can be obtained locally from the Forth Valley Community Pharmacy IM&T Facilitator: (TBC)

Suzanne Maccrimmon	Mobile:	Email:
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## Introduction - how to use this formulary

The Minor Ailments Service is one of the four essential pharmaceutical care services in the new community pharmacy contract. It provides NHS management of common clinical conditions. In particular, this new service aims to:

- improve access to advice and medicines for common illnesses
- promote care through the community pharmacy setting
- transfer care from GPs and nurses to pharmacists where appropriate, and
- help address health inequalities

Patients are eligible for this service if they are exempt from paying prescription charges (this excludes pre-payment certificate holders), are registered with a GP in Scotland and are not resident in a Care Home.

The following groups of medicines from the British National Formulary can be provided:

- P and GSL medicines
- dressings and appliances from Part 2 of the Scottish Drug Tariff
- selected items from Part 3 of the Scottish Drug Tariff

No black-listed products may be supplied

All of the medicines listed in this second edition of the NHS Forth Valley Pharmacy Minor Ailments Service Formulary are GSL or P and the majority are included the Forth Valley Formulary. Appropriate amounts to prescribe are suggested. No prescription only medicines (POMs) are included. Some POMs may be provided as part of the service where this is more cost-effective, but you should note that these require Patient Group Directions to be supplied in the community pharmacy setting.

You will be able to use this brief formulary most effectively if you do so in conjunction with the Forth Valley Formulary, a copy of which has previously been sent to each community pharmacy in Forth Valley. The Forth Valley Formulary contains a wealth of local clinical opinion and treatment guidance and can be used to promote consistent care to patients regardless of where they present for treatment. Additional items are included in the Forth Valley Formulary which may be appropriate for the treatment of minor ailments in the pharmacy.

This Formulary supports your right to use your professional judgement to determine what is clinically most appropriate for your patients and recognises your responsibility for that decision.

We are confident that the medicines in this Formulary will meet the need of the majority of patients under the Minor Ailments Service. However, you can request that alternative or new medicines are considered or for minor ailments to have a formulary choice added. The Formulary is managed by the New Drugs Sub-group, a sub-committee of the Area Drug and Therapeutics Committee.

Supplies made as part of the Minor Ailments Service will be monitored by the NHS Forth Valley Prescribing Support Team to assess levels of compliance with this Formulary. Data from this monitoring will be provided to contractors on a regular basis.

Homeopathic medicines have **not** been included in this formulary. Some products are prescribable on the Minor Ailments Service, however they must be licensed GSL or P medicines and be listed in the Chemist and Druggist Pricelist as such, and not blacklisted. Pharmacists are reminded that they should be competent in the use of homeopathic medicines before prescribing these.

## MAS Pricing Guide and Pricing Rules

Community Pharmacy Scotland (CPS) produced guidance for contractors 'MAS Pricing Guide and Pricing Rules' in September 2007. Contractors are advised to use this in conjunction with this Forth Valley MAS formulary. There is a list of products in Part B of the CPS guide, which at the time of publication of this formulary, are listed in the formulary by generic name but need to be prescribed by brand name as a non black-listed proprietary product to allow contractors to be paid. The table below includes the products included in the Forth Valley MAS formulary. These items are starred (\*) throughout the formulary. It is likely that the requirements for certain products to be prescribed by brand name will change as National Services Scotland review the entries in the Scottish Drug Tariff. Contractors are therefore advised to consult the up-to-date advice from CPS.

<b>Generic</b>	<b>Form</b>	<b>Strength</b>	<b>Tariff Pack</b>
Beclomethasone	Nasal Spray		200 dose
Clotrimazole	Vaginal Tabs	500mg	1
Loperamide	Caps	2mg	30
Domperidone	Tabs	10mg	30
Ketoconazole Shampoo (for seborrhoeic dermatitis if scalp)			120ml
Sodium Cromoglycate	Eye Drops	2%	13.5ml

[http://www.communitypharmacyscotland.org.uk/\\_resources/files/NHSInfo/MASpricingGuide.pdf](http://www.communitypharmacyscotland.org.uk/_resources/files/NHSInfo/MASpricingGuide.pdf)

# PART 1

## Section 1 Gastrointestinal

### Indigestion (including dyspepsia and gastro-oesophageal reflux disease)

Co-magaldrox SF Suspension 195/220/5 ( <i>Mucogel</i> <sup>®</sup> – first choice, or <i>Maalox</i> <sup>®</sup> )	500ml
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Compound alginic acid preparations

<i>Gaviscon Advance</i> <sup>®</sup> Liquid	150ml, 300ml, 500ml
<i>Gaviscon Advance</i> <sup>®</sup> Tablets	60

H2 Receptor Antagonists

Ranitidine 75mg Tablets	6
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Motility Stimulant

Domperidone 10mg Tablets (*)	10
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### Infant Colic

Simeticone liquid 40 mg/ml	50 ml
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### Diarrhoea

In adults and children over 12 years. Maximum strength 2mg, maximum dose 4mg and maximum daily dose 16mg.

Loperamide 2mg Capsules (*)	12
Imodium Plus Caplets (Temporary Addition)	6, 12

Oral rehydration sachets

Prevention and treatment of electrolyte depletion is the first line treatment in acute diarrhoea.

Oral Rehydration Salts (Sachets)	6/20
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### Constipation

Bulk forming laxatives

Ensure adequate fluid intake. Not to be taken immediately before going to bed.

Ispaghula Husk 3.4G/3.5G	30
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## Stimulant laxatives

Glycerin 1g Suppositories (Infant)	12
Glycerin 2g Suppositories (Child)	12
Glycerin 4g Suppositories (Adult)	12
Senna syrup 7.5mg/5ml	100ml
Senna Tabs 7.5mg	30

## Osmotic laxatives

Lactulose Solution	300ml
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## Haemorrhoids

### Soothing haemorrhoidal preparations

<i>Anusol</i> <sup>®</sup> Cream	23g
<i>Anusol</i> <sup>®</sup> Ointment	25g
<i>Anusol</i> <sup>®</sup> Suppositories	12

### Compound haemorrhoidal preparations with corticosteroids

#### Adults over 18 years of age

<i>Anusol Plus</i> <sup>®</sup> HC Ointment	15g
<i>Anusol Plus</i> <sup>®</sup> HC Suppositories	12

## Mouth Ulcers/Teething

### Drugs for oral ulceration and inflammation

Benzydamine 0.15% Mouthwash	300ml
Benzydamine 0.15% Spray	30ml
Chlorhexidine gluconate 0.2% Mouthwash	300ml
Choline Salicylate Dental Gel BP ( <i>Bonjela</i> <sup>®</sup> , <i>Teejel</i> <sup>®</sup> )	15g
Hydrocortisone 2.5mg Pellets ( <i>Cortlan</i> <sup>®</sup> ) (Adults and Children over 12 years)	20
<i>Triamcinolone oral paste (Adcortyl in Orabase</i> <sup>®</sup> )	5g

## Oral Thrush

### Oropharyngeal Anti-Infective Drugs

Miconazole Oral Gel	15g
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## Section 2 Respiratory

### Hay Fever

#### Antihistamines

Cetirizine 10mg Tablets	30
Cetirizine oral solution 5mg/5ml (licensed from 2 years)	200ml

Drowsiness may affect performance of skilled tasks (e.g. driving); sedating effects enhanced by alcohol.

Chlorphenamine 4mg Tablets	30
Chlorphenamine Syrup 2mg/5ml	150ml

#### Other anti-inflammatory preparations

Sodium Cromoglicate 2% Eye Drops (*)	5ml/10ml
Antazoline 0.5%/Xylometazoline 0.05% Eye Drops ( <i>Otrivine Antistin</i> <sup>®</sup> ) (Avoid in angle-closure glaucoma)	10ml

#### Steroid Nasal Spray

Beclometasone Nasal Spray (*)	100,180, 200 doses
Fluticasone Nasal Spray (2 <sup>nd</sup> line)	60 doses

### Cough and Nasal Congestion

#### Aromatic Inhalations

Menthol Crystals	5g
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#### Expectorants and demulcent cough preparations

Simple SF Linctus	200ml
Simple Paediatric SF Linctus	Dispense up to 200ml

There is little evidence to support the use of cough suppressants. For persistent cough lasting 4 to 6 weeks, the underlying cause should be established.

### Systemic Nasal Decongestants

Pseudoephedrine 30mg/5ml Elixir	100ml
Pseudoephedrine 60mg Tablets	12

### Topical Nasal decongestants

Xylometazoline 0.1% Nasal Drops (Adults and children over 12 yrs)	10ml
Xylometazoline 0.1% Nasal Spray (Adults and children over 12 yrs)	10ml
Xylometazoline 0.05% Paediatric Nasal Drops (age 2yrs and over)	10ml
Sodium Chloride Nasal Drops 0.9%	10ml

## Section 3 Central Nervous System

### Pain

#### Non-opioid analgesics

Paracetamol 500mg Tablets	32
Paracetamol SF 120mg/5ml Suspension	100ml, 200ml
Paracetamol SF 250mg/5ml Suspension	100ml, 200ml

#### Non-steroidal anti-inflammatory drugs

Ibuprofen 200mg Tablets	24
Ibuprofen 400mg Tablets	24
Ibuprofen SF Suspension 100mg/5ml	150ml

#### Weak opioids: second-line after paracetamol

Co-Codamol 8/500 Tablets (2nd line agent after paracetamol)	32
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#### Topical Antirheumatics

<i>Movelat</i> <sup>®</sup>	40g, 80g, 100g
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## Section 4 Infections

### Fungal Infections

- **Vaginal Candidiasis**

Clotrimazole Vaginal Tablets 500mg (*)	1
Clotrimazole 1% Cream	20g
Clotrimazole Vaginal Cream 10%	5g
Fluconazole 150mg Capsules (PGD exists to allow use of POM pack)	1

- **Athlete's Foot**

Clotrimazole 1% Cream	20g
Miconazole 2% Cream	30g
Miconazole Spray Powder ( <i>Daktarin</i> <sup>®</sup> )	100g
Terbinafine Cream	7.5g

### Viral Infections

- **Cold Sores**

Aciclovir 5% Cream	2g
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- **Warts and Verrucae**

Preparations for warts and calluses

<i>Salactol</i> <sup>®</sup> Paint	10ml
<i>Occlusal</i> <sup>®</sup> Application	10ml
<i>Salatac</i> <sup>®</sup> Gel	8g

### Parasitic Infections

- **Threadworms**

All family members should be treated at the same time, even if they have no symptoms, to prevent reinfection. Mebendazole is the first-line treatment except for children under 2 years of age and pregnant women, when piperazine is the preferred choice.

Mebendazole Tablets 100mg	1
Mebendazole Tablets 100mg (Family Pack)	4
Piperazine Oral Powder ( <i>Pripsen</i> <sup>®</sup> )	2

- **Head Lice**

The Forth Valley guidelines on the treatment of head lice should be consulted before prescribing.

Insecticide treatment should never be used as a preventive measure as the use of insecticidal products on a regular basis may result in insecticidal resistance. Insecticidal lotions should only be used when a living louse has been found on the head. A second treatment is always needed after 7 days to kill lice emerging from surviving eggs. It is not necessary to treat the whole family.

If a course of treatment (two applications, one week apart) fails to cure, a different insecticide should be used for the next treatment. A minimum of 50mls is needed for a single application. (Refer to NHS Forth Valley Head Lice Policy).

Malathion preparations are 1<sup>st</sup> choice, Phenothrin preparations 2<sup>nd</sup> choice.

Current recommendations are to use a mosaic approach. Always try Malathion first.

Where possible the alcohol-based products should be prescribed, as they have been found to be the most effective. If a patient is asthmatic, has eczema or is a baby/toddler the aqueous products should be prescribed.

Malathion 0.5% Liquid ( <i>Derbac M<sup>®</sup></i> , <i>Quellada M<sup>®</sup></i> )(aqueous)	50ml/200ml
Malathion 0.5% Lotion ( <i>Prioderm<sup>®</sup></i> , <i>Suleo-M<sup>®</sup></i> ) (alcohol based)	50ml/200ml
Phenothrin 0.5% Liquid ( <i>Full Marks<sup>®</sup></i> ) (aqueous)	50ml/200ml
Phenothrin 0.2% Lotion ( <i>Full Marks<sup>®</sup></i> ) (alcohol based)	50ml/200ml
Bug Buster headlice detection and eradication kit	1
Nitty Gritty nit comb	1

- **Scabies**

A second treatment should always be administered after 7 days. All members of the household and close contacts should be treated simultaneously.

Permethrin ( <i>Lyclear<sup>®</sup></i> <i>Dermal Cream</i> )	30g
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### Urinary Tract Disorders

Potassium Citrate effervescent tablets ( <i>Effercitrate<sup>®</sup></i> )	12
Sodium Citrate Sachets ( <i>Cymalon<sup>®</sup></i> ) (for patients on potassium sparing medication eg ACE inhibitors, spironolactone)	6

## Section 5 Skin

### Acne

Topical Preparations for acne

Benzoyl peroxide 2.5% aqueous gel ( <i>Panoxyl</i> <sup>®</sup> )	40g
Benzoyl peroxide 5% aqueous gel ( <i>Panoxyl</i> <sup>®</sup> )	40g

### Eczema/Allergy

Emollients

Aqueous Cream	500g
<i>Diprobase</i> <sup>®</sup> Cream	50g/500g
<i>Doublebase</i> <sup>®</sup> Gel	100g, 500g
<i>Epaderm</i> <sup>®</sup> Emollient	125g, 500g

Emollient Bath Additives

<i>Oilatum</i> <sup>®</sup> Emollient	250ml/500ml
<i>Balneum Plus</i> <sup>®</sup> (2 <sup>nd</sup> line)	500ml

Barrier Preparations

<i>Sudocrem</i> <sup>®</sup>	60g/125g
<i>Metanium</i> <sup>®</sup> Ointment (2 <sup>nd</sup> Line)	30g

Topical local anaesthetics and antipruritics

Calamine Lotion	200ml
Crotamiton ( <i>Eurax</i> <sup>®</sup> ) Cream	30g/100g
Calamine Aqueous Cream	100g

Topical corticosteroids

Hydrocortisone 1% Cream	15g
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Shampoos and scalp preparations

<i>Polytar</i> <sup>®</sup> Liquid	150ml
<i>Capasa</i> <sup>®</sup> Shampoo	250ml
Ketoconazole Shampoo (*)	60ml, 100ml

## Preparations for Boils

Magnesium Sulphate Paste	50g
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## Section 6 Eyes

Tear deficiency, ocular lubricants and astringents

Hypromellose 0.3% Eye Drops	10ml
Liquid Paraffin Eye Ointment ( <i>Lacri-Lube</i> <sup>®</sup> )	3.5g/5g
Carbomer 980 eye drops 0.2% ( <i>Viscotears</i> <sup>®</sup> )	10g

- **Conjunctivitis**

For the topical treatment of acute bacterial conjunctivitis in adults, the elderly and children aged two years and over

Antibacterials

Chloramphenicol Eye Drops 0.5% (PGD exists to allow use of POM pack)	10ml
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## Section 7 Ear

Removal of Ear Wax

Sodium Bicarbonate Ear Drops 5%	10ml
<i>Cerumol</i> <sup>®</sup> Ear Drops	11ml

# PART 2

## Summary of Preparations by BNF Classification

### 1.1 Antacids

- Co-magaldrox SF (*Maalox*<sup>®</sup>, *Mucogel*<sup>®</sup>) 195/220 Suspension (500 ml)
- Compound alginic acid preparations  
*Gaviscon Advance*<sup>®</sup> Liquid (500ml)  
*Gaviscon Advance*<sup>®</sup> Tablets (60)
- Simeticone liquid 40 mg/ml (50 ml)

### 1.2 Motility Stimulants

- Domperidone tablets 10mg (10)

### 1.3 Antisecretory Drugs

- Ranitidine tablets 75mg (6)

### 1.4 Antimotility drugs

- Loperamide capsules 2 mg (12)
- *Imodium Plus*<sup>®</sup> Caplets(6)

### 1.6.1 Bulk forming laxatives

- Ispaghula Husk 3.4g/3.5 g sachet (30)

### 1.6.2 Stimulant laxatives

- Glycerin 1g Supps (Infant) (12)
- Glycerin 2g Supps (Child) (12)
- Glycerin 4g Supps (Adult) (12)
- Senna tablets 7.5 mg (30)
- Senna syrup 7.5mg/5ml (100ml)

### 1.6.4 Osmotic laxatives

- Lactulose solution (300 ml)

### 1.7.1 Soothing haemorrhoidal preparations

- *Anusol*<sup>®</sup> Cream (23 g)
- *Anusol*<sup>®</sup> Ointment (25 g)
- *Anusol*<sup>®</sup> Suppositories (12)

### 1.7.2 Compound haemorrhoidal preparations with corticosteroids

- *Anusol Plus HC*<sup>®</sup> Ointment (15 g)
- *Anusol Plus HC*<sup>®</sup> Suppositories (12)

### 3.4.1 Antihistamines

- Cetirizine tablets 10 mg (30)
- Cetirizine oral solution 5 mg/5 ml (200 ml)
- Chlorphenamine tablets 4 mg (30)
- Chlorphenamine oral solution 2 mg/5 ml (150 ml)

### 3.8 Aromatic Inhalations

- Menthol Crystals (5 g)

### 3.9 Cough Preparations

- Simple SF Linctus (200ml)
- Simple Paediatric SF Linctus (up to 200ml)

### 4.7 Analgesics

#### Non-opioid analgesics

- Paracetamol tablets 500mg (32)
- Paracetamol oral suspension SF 120mg/5mL (100 ml)
- Paracetamol oral suspension SF 250mg/5mL (100 ml)

#### Weak opioids

- Co-codamol 8/500 (32)

### 5.2 Antifungal Drugs

- Fluconazole 150mg Capsules (1) - for vaginal candidiasis only)

### 5.5.1 Drugs for Threadworms

- Mebendazole tablets 100 mg (1)
- Mebendazole tablets 100 mg (*Family Pack*) (4)
- Piperazine Oral Powder (*Pripsern*<sup>®</sup>) (2)

### 7.2.2 Vaginal and vulval infections

- Clotrimazole vaginal tablets 500 mg (1)
- Clotrimazole cream 1% (20 g)
- Clotrimazole vaginal cream 10% (5 g)

### 7.4.3 Drugs used in urological pain

- Potassium Citrate effervescent tablets (*Effercitrate*<sup>®</sup>) (12)
- Sodium Citrate Sachets (*Cymalon*<sup>®</sup>) (6)

### 9.2.1.2 Oral rehydration therapy

- Oral Rehydration Salts (6/20 sachets)

### 10.1.1 Non-steroidal anti-inflammatory drugs

- Ibuprofen tablets 200 mg (24)
- Ibuprofen tablets 400 mg (24)
- Ibuprofen suspension 100 mg/5 ml (150 ml)

### 11.3.1 Antibacterials

- Chloramphenicol eye drops 0.5% (10ml)

### 11.4.2 Other anti-inflammatory preparations

- Sodium cromoglicate eye drops 2% (various brands) (10 ml)
- Antazoline 0.5%/Xylometazoline 0.05% Eye Drops (*Otrivine Antistin*<sup>®</sup>) (10ml)

### 11.8.1 Tear deficiency, ocular lubricants and astringents

- Hypromellose eye drops 0.3% (10 ml)
- Liquid Paraffin Eye Ointment (*Lacri-Lube*<sup>®</sup>) (3.5g / 5g)
- Carbomer 980 (*Viscotears*<sup>®</sup>) eye drops 0.2% (10 g)

### 12.1.3 Removal of Ear wax

- Sodium bicarbonate ear drops 5% (10ml)
- *Cerumo*<sup>®</sup> Ear Drops (11ml)

### 12.2.1 Nasal Allergy

- Beclometasone Nasal Spray (100, 180, 200 doses)
- Fluticasone Nasal Spray (2nd line) (60 doses)

### 12.2.2 Topical Nasal decongestants

- Xylometazoline nasal drops 0.1% (10 ml)
- Xylometazoline nasal spray 0.1% (10 ml)
- Xylometazoline paediatric nasal spray 0.05% (10 ml)
- Sodium Chloride Nasal Drops 0.9% (10ml)

### 12.3.1 Drugs for oral ulceration and inflammation

- Benzydamine oral rinse 0.15% (300 ml)
- Benzydamine spray 0.15% (30 ml)
- Chlorhexidine mouthwash 0.2% (300 ml)
- Hydrocortisone (*Corlan*<sup>®</sup>) pellets 2.5 mg (20)
- Triamcinolone (*Adcortyl in Orabase*<sup>®</sup>) oral paste 0.1% (5 g)
- Choline Salicylate Dental Gel BP (*Bonjela*<sup>®</sup>, *Teejel*<sup>®</sup>) (15g)

### 12.3.3 Oropharyngeal Anti-Infective Drugs

- Miconazole oral gel 24 mg/ml (15 g)

### 13.2 Emollient and barrier preparations

- Aqueous cream (500g)
- *Diprobase*<sup>®</sup> cream (50g, 500g)
- *Doublebase*<sup>®</sup> gel (100g, 500g)
- *Epaderm*<sup>®</sup> emollient (125g, 500g)

#### 13.2.1.1 Emollient Bath Additives

- *Oilatum*<sup>®</sup> Emollient (250 ml, 500 ml)
- *Balneum Plus*<sup>®</sup> (500 ml)

#### 13.2.2 Barrier Preparations

- *Sudocrem*<sup>®</sup> (60 g, 125 g)
- *Metanium*<sup>®</sup> Ointment (2<sup>nd</sup> Line) (30g)

### 13.3 Topical local anaesthetics and antipruritics

- Calamine Lotion (200ml)
- Crotamiton (*Eurax*<sup>®</sup>) Cream (30g/100g)
- Crotamiton (*Eurax*<sup>®</sup>) Lotion (100ml)
- Calamine Aqueous Cream (100g)

### 13.4 Topical corticosteroids

- Hydrocortisone cream 1% (15 g)

#### 13.6.1 Topical Preparations for acne

- Benzoyl peroxide aqueous gel 2.5% (endorse as *Panoxyl*<sup>®</sup>) (40 g)
- Benzoyl peroxide aqueous gel 5% (endorse as *Panoxyl*<sup>®</sup>) (40 g)

### 13.7 Preparations for warts and calluses

- *Salactol*<sup>®</sup> Paint (10ml)
- *Occlusal*<sup>®</sup> Application (10 ml)
- *Salatac*<sup>®</sup> gel (8g)

### 13.9 Shampoos and scalp preparations

- *Polytar*<sup>®</sup> Liquid (150ml)
- *Capasal*<sup>®</sup> shampoo (250 ml)
- Ketoconazole shampoo 2% (100 ml)

#### 13.10.2 Antifungal preparations

- Clotrimazole cream 1% (20 g)
- Miconazole cream 2% (30g)
- Miconazole Spray Powder (*Daktarin*<sup>®</sup>) (100g)
- Terbinafine Cream (7.5 g)

#### 13.10.3 Antiviral preparations

- Aciclovir cream 5% (2g)

#### 13.10.4 Parasitocidal Preparations

- Malathion aqueous liquid 0.5% (50 ml, 200 ml)
- Malathion 0.5% lotion 0.5% (50ml, 200ml)
- Phenothrin aqueous liquid 0.5% (50 ml, 200 ml)
- Phenothrin lotion 0.2% (50 ml, 200 ml)
- Permethrin dermal cream 5% (30 g)

#### 13.10.5 Preparations for minor cuts and abrasions/boils

- Magnesium Sulphate Paste (50g)