



*Just as Fruit and Veg change with the Seasons, so do your customers' ailments!*

**SEASONAL COMMON CONDITIONS TREATABLE UNDER THE NHS PHARMACY FIRST SCOTLAND SERVICE:**

This time we focus on (given the festive time of year)....**INDIGESTION!**

**Remember to record every patient interaction you have on your PMR, including:**

**ADVICE** such as: avoid foods that are really acidic, fatty and alcohol; eat small portions and often, rather than large meals; eat slowly making sure to chew food thoroughly; keep hydrated.

**REFERRALS** for patients with sharp/stabbing pains, consistent dull pain radiating down arms, or who report vomiting of blood or blood in stools, and/or a high temperature.

**TREATMENT**

See **Lothian-specific** recommended products available on the Pharmacy First Approved List, which includes:

<b>1.1 Dyspepsia and Gastro-oesophageal reflux</b>			
<b>1<sup>st</sup> Line</b>	Co-magaldrox 195mg/220mg/5ml oral suspension sugar free	<b>Pack Size</b>	500 ml
<b>1<sup>st</sup> Line</b>	Peptac Liquid Aniseed	<b>Pack Size</b>	500 ml
<b>1<sup>st</sup> Line</b>	Peptac Liquid Peppermint	<b>Pack Size</b>	500 ml
<b>1.2 Gastrointestinal smooth muscle spasm</b>			
	Hyoscine butyl bromide 10 mg tablets	<b>Pack Size</b>	20

For the full version of the current Pharmacy First Approved List (which was updated on **1<sup>st</sup> December 2021**), please visit the **Community Pharmacy Scotland** or the **NHS National Services Scotland** websites.

This email is also attached as a PDF of this information to make it easy for your team to print off and keep handy in the pharmacy.

Kind regards,

**The Community Pharmacy Development Team & NHS Lothian Community Pharmacy Champions**

[www.communitypharmacy.scot.nhs.uk](http://www.communitypharmacy.scot.nhs.uk)

Twitter: @nhslcommpharm

**FUN SEASONAL  
FRUIT  
& VEG  
FACT:**



Did you know you should 'Eat A Rainbow' every day? Eating a range of colours for your 5 fruit and veg a day will really help you get a great range of vitamins, minerals, protein and fibre.

Maybe this could be your New Year's Resolution!

