



*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](#):**

Since tummy bugs often circulate in winter, this time we focus on ...**DIARRHOEA!**

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

**ADVICE** such as: keep well hydrated, eat plain food when able to, stay at home until 48 hours after last episode of diarrhoea, wash hands lots to avoid passing onto others.

**REFERRALS** for patients with blood in their stools, black/dark stools, persistent vomiting, continuous stomach pain, signs of dehydration (dizziness/lightheadedness, passing urine infrequently), high temperature.

**TREATMENT**

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

<b>1.4 Acute Diarrhoea</b>			
<b>1<sup>st</sup> Line</b>	Dioralyte oral powder sachets	<b>Pack Size</b>	6
<b>1<sup>st</sup> Line</b>	Rehydration Treatment granules 4.87 g	<b>Pack Size</b>	6
<b>2<sup>nd</sup> Line</b>	Loperamide 2 mg capsules	<b>Pack Sizes</b>	6, 10, 12

For the full version of the current Pharmacy First Approved List (which was updated on **1<sup>st</sup> February 2022**), 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: @nhscommpharm

**FUN  
SEASONAL  
FRUIT &  
VEG FACT:**



Did you know that the World Record for heaviest cabbage was set in 2012 at an Alaskan state fair – it weighed just over 62 kilos with leaves spanning 5 feet? They're also a great source of Vitamin K and C and fibre!