



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**:

With Easter holidays underway, this time we focus on ...**TRAVEL SICKNESS!**

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

ADVICE such as: avoid heavy meals before travelling, consume ginger-containing food and drinks to help manage nausea, keep car windows open for fresh air, avoid reading and focus on horizon instead.

REFERRALS you make for patients getting no relief from the products on the Approved List.

TREATMENT:

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

3.1 Travel sickness			
	Cinnarizine 15 mg tablets	Pack Size	15
	Hyoscine hydrobromide 150 micrograms tablets	Pack Size	12
	Hyoscine hydrobromide 300 micrograms tablets	Pack Size	12

For the full version of the current Pharmacy First Approved List (which was updated on **1st 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

Twitter: @nhscommpharm

FUN SEASONAL FRUIT & VEG FACT:



Ginger is a flowering plant from Asia and has been used for over 2,000 years to help soothe indigestion, cold and flu symptoms, and nausea. Spices have been prized historically - in 14th century Britain, a pound (about 450g) of ginger cost as much as one sheep!