

Suffering from hayfever?

Your GP will not routinely prescribe treatment for Hayfever

You can purchase a wide range of medications from community pharmacies and supermarkets.

These medications are usually less expensive than a prescription and can be purchased without seeing a GP.

Examples of hayfever medication on the high street

There are lots of high street medication you can access, these include:

- Loratadine 10mg 80p x 14
- Cetirizine 10mg 80p x 14
- Benadryl allergy relief (acrivastine) £4.50 x 12
- Beclometasone nasal spray £4.59 x 180 dose spray (pharmacies only)

Community pharmacists can offer advice on how to manage hayfever and other allergic symptoms, when to seek medical advice, and what to take if you are on other medication.

You do not need to make an appointment to see the pharmacist and many pharmacies are open evenings and weekends.

Prescriptions may be considered if....

- Allergic symptoms are severe and do not respond to various combinations of over the counter medication
- You have continuous symptoms which require treatment throughout the year
- If you are pregnant or breastfeeding

By keeping a selection of essential medications at home you can treat your allergic symptoms in a timely manner, and avoid unnecessary trips to see your doctor