

Eye preparations that are available to buy over the counter

Information for patients, relatives
and carers

Introduction

This leaflet will advise you on which prescribed eye preparations are available to buy over the counter in your local community pharmacy. This may be cheaper than paying the NHS prescription charge.

This leaflet will also advise you about commonly used medicines for eye conditions that should be bought over the counter and that will not generally be prescribed by your GP.

If you have any questions or concerns about the information below, please speak to your doctor or nurse.

Over the counter eye preparations

National guidance encourages people to self-care for minor or self-limiting illnesses (such as certain forms of dry eyes, blepharitis and conjunctivitis).

This applies to all patients, including those who don't have to pay prescription charges unless they fall under certain medical exceptions.

Your community pharmacist will help you find the correct preparation for your eye problem.

Eye preparations that may be recommended to you.

These are generally cheaper to buy over the counter from your local community pharmacy than if you pay for your prescriptions.

Eye lubricants	Examples of brands and pack sizes (this is not an exhaustive list)
Carbomer 980 0.2% eye drops	GelTears® - 10g Viscotears Liquid Gel® - 10g
Carbomer 980 0.2% preservative-free eye drops	Viscotears Single Dose Unit 2.0mg/g Eye Gel® - 30 units x 0.6ml dose vials
Carbomer 980 0.36% eye drop gel preservative free	Blephagel 0.36% eye gel preservative free® - 30g
Carmellose sodium 0.5% eye drops	10ml
Carmellose sodium 0.5% eye drops preservative-free	30 units x 0.4ml dose vials
Carmellose sodium 1% preservative-free eye drops	30 units x 0.4ml dose vials
Hypromellose 0.3% eye drops	10ml
Hypromellose 0.5% eye drops	10ml
Hypromellose 0.3% preservative-free eye drops	30 units x 0.4ml 10ml
Liquid paraffin eye ointment	Lacri-lube eye ointment® 5g Refresh Night time eye ointment® - 3.5g Xailin Night lubricant eye ointment® - 5g

Polyvinyl alcohol 1.4% eye drops	10ml 15ml 30 units x 0.4ml
Sodium hyaluronate 0.1% preservative free eye drops	Hylo-Tear 0.1% preservative free eye drops [®] - 10ml
Sodium hyaluronate 0.2% preservative-free eye drops	HydraMed 0.2% eye drops preservative free [®] - 10ml HydraMed 0.2% eye drops 0.5ml unit dose preservative free [®] - 30 units x 0.5ml unit vials
Retinol palmitate 250 unit/g, liquid paraffin, wool fat eye ointment	VitA-POS eye ointment preservative free [®] - 5g
Other eye preparations	Examples of brands and pack size (this is not an exhaustive list)
Chloramphenicol 0.5% eye drops	10ml
Chloramphenicol 1% eye ointment	Golden Eye Antibiotic 1% eye ointment [®] - 4g
Lodoxamide 0.1% eye drops	10ml
Sodium cromoglicate ointment 2 % eye drops	5ml 10ml

Please note any brands stated in this leaflet are examples and not recommendations on brands. Your community pharmacist can suggest appropriate brand substitutes where appropriate.

Other medicines and items which you can buy over the counter

The following items should be bought over the counter (OTC) and cannot be prescribed by your GP:

Over the counter oral vitamins recommended for eye conditions, including: PreserVision Tablets[®], PreserVision AREDS 2 Formula soft gels[®], OcuVite Complete capsules[®], OcuVite Lutein capsules[®], MacuVision tablets[®], MacuShield capsules[®], Lutein-Vision Advanced capsules[®], omega 3 eye supplements

How do I make a comment about my visit?

We aim to provide the best possible service and staff will be happy to answer any of the questions you may have. If you have any **suggestions** or **comments** about your visit, please either speak to a member of staff or contact the patient advice and liaison service (**PALS**) on **020 3313 0088** (Charing Cross, Hammersmith and Queen Charlotte's & Chelsea hospitals), or **020 3312 7777** (St Mary's and Western Eye hospitals). You can also email PALS at imperial.pals@nhs.net The PALS team will listen to your concerns, suggestions or queries and is often able to help solve problems on your behalf.

Alternatively, you may wish to complain by contacting our complaints department:

Complaints department, fourth floor, Salton House, St Mary's Hospital, Praed Street
London W2 1NY

Email: ICHC-tr.Complaints@nhs.net

Telephone: **020 3312 1337 / 1349**

Alternative formats

This leaflet can be provided on request in large print or easy read, as a sound recording, in Braille or in alternative languages. Please email the communications team: imperial.communications@nhs.net

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