

Referral to local pharmacy - No prescription required

You have a common condition that can be treated with advice from a community pharmacist. **They may, if appropriate, recommend a treatment to be purchased.** You do not need to make an appointment to speak to the pharmacist, just pop in anytime and they will be happy to help you. Pharmacies have a consultation room for private consultations

Aches and pains	Head Lice
Athlete's foot	Occasional thrush
Cold sores	Piles (haemorrhoids)
Colic	Scabies
Conjunctivitis	Skin rashes
Constipation	Sleep problems
Coughs and colds	Sore throat
Dry skin (minor eczema)	Teething
Ear Wax	Threadworm
Fungal nail infections	Toothache
Fungal skin infections - ringworm	Travel sickness
Hayfever and allergies	Upset stomach and Diarrhoea
Headache and migraine	Warts and Verrucas
Pharmacist's comments	
Pharmacy Stamp	

If at any time you are concerned about your condition or if your symptoms are not improving in the time scale advised by the pharmacist you should contact the local pharmacist for further advice.

For more information visit <http://www.selfcareforum.org/fact-sheets/>

Referral to local pharmacy - No prescription required

You have a common condition that can be treated with advice from a community pharmacist. **They may, if appropriate, recommend a treatment to be purchased.** You do not need to make an appointment to speak to the pharmacist, just pop in anytime and they will be happy to help you. Pharmacies have a consultation room for private consultations

Aches and pains	Head lice
Athlete's foot	Occasional thrush
Cold sores	Piles (haemorrhoids)
Colic	Scabies
Conjunctivitis	Skin rashes
Constipation	Sleep problems
Coughs and colds	Sore throat
Dry skin (minor eczema)	Teething
Ear Wax	Threadworm
Fungal nail infections	Toothache
Fungal skin infections - ringworm	Travel sickness
Hayfever and allergies	Upset stomach and Diarrhoea
Headache and migraine	Warts and Verrucas
Pharmacist's comments	
Pharmacy Stamp	

If at any time you are concerned about your condition or if your symptoms are not improving in the time scale advised by the pharmacist you should contact the local pharmacist for further advice.

For more information visit <http://www.selfcareforum.org/fact-sheets/>

Great Yarmouth, Gorleston and Coastal Villages Pharmacies

Asda Pharmacy Acle New Road, **Great Yarmouth** NR30 1SF
Boots the Chemist Ltd Market Gates Shopping Centre, **Great Yarmouth** NR30 2AX
Boots the Chemist Ltd, High Street, **Gorleston** NR31 6QX
Boots the Chemist Ltd, Gapton Hall Retail Park, **Great Yarmouth** NR31 0NL
Day Lewis Ltd, 45 Caister Road, **Great Yarmouth** NR30 4DA
Day Lewis Ltd, 54 Springfield Road, **Gorleston** NR31 6AD
Greyfriars Pharmacy, 5 Greyfriars Way, **Great Yarmouth** NR30 2QE
Hopton Pharmacy, 1 Warren Road, **Hopton** NR31 9BN
J Hoots Pharmacy, 114 Regent Road, **Great Yarmouth** NR30 2AB
J Hoots Pharmacy, Station Road North, **Belton** NR31 9NF
Lloyds Pharmacy, Bradwell Medical Centre, Church Lane, **Bradwell** NR31 8QW
Lloyds Pharmacy, Central Surgery, Sussex Road, **Gorleston** NR31 6QB
Lloyds Pharmacy, 77 Magdalen Way, **Gorleston** NR31 7AA
Lloyds Pharmacy, Caister Medical Centre, West Road, **Caister** NR30 5AQ
Natural Health Pharmacy, 3 Kingsway, **Hemsby** NR29 4JT
Superdrug Pharmacy, 138 High Street, **Gorleston** NR31 6QX
Tesco Pharmacy, Pasteur Road, Southtown, **Great Yarmouth** NR31 0DW
Town Pharmacy, 171 Kings Street, **Great Yarmouth** NR30 2PA
Well Pharmacy, The Medical Centre, Hemsby Road, **Martham** NR29 4QG
Well Pharmacy, 46 High Street, **Caister on Sea** NR30 5EP
Well Pharmacy, Shopping Precinct, Magdalen Way, **Gorleston** NR31 7AA
Well Pharmacy, 57-58 King Street, **Great Yarmouth** NR30 2PW
Well Pharmacy, Millwood Surgery, Mill Lane, **Bradwell** NR31 8HS
Well Pharmacy, 2 Cromer Road, **Ormesby St Margaret** NR29 3RH
Well Pharmacy, 8 Lowestoft Road, **Gorleston** NR31 6LY
Well Pharmacy, Nelson Medical Centre, Pasteur Road, **Great Yarmouth** NR31 0DW

Lowestoft and Waveney Pharmacies

Asda Pharmacy, Belvedere Road, **Lowestoft** NR33 0PX
Boots, 4 St Mary's Street, **Bungay** NR35 1AX
Boots, 28 St Johns Road, **Bungay** NR35 1LP
Boots, 2-4 Stradbroke Road, **Pakefield**, Lowestoft NR33 7HT
Boots, Oulton Health Centre, Meadow Road, **Oulton Broad** NR32 3AZ
Boots, 120 St Peters Street, **Lowestoft** NR32 1UD
Beccles HCC Ltd, St Mary's Road, **Beccles** NR34 9NQ
Boots, 26 Market Place, **Halesworth** IP19 8AY
Boots, 5 New Market, **Beccles** NR34 9HQ
Boots, 76a London Road North, **Lowestoft** NR32 1ET
Cutlers Hill Pharmacy, Bungay Road, **Halesworth** IP19 8SG
Eastpoint Pharmacy, Arvor House, Clifton Road, **Lowestoft** NR33 0HF
F P Cross Ltd, Village Rise, Weston Road, Gunton, **Lowestoft** NR32 4PT
Hayden's Central, Hayden House, Bridge Road, **Oulton Broad** NR32 3LL
Hayden's, Holly Pharmacy, 1b Bridge Road, **Oulton Broad** NR32 3LJ
Hayden's, Victoria Surgery, 82 Victoria Road, **Oulton Broad** NR33 9LU
Hayden's, High Street Surgery, High Street, **Lowestoft** NR32 1JE
Hayden's, Kessingland Pharmacy, 70 High Street, **Kessingland** NR33 7QF
Hayden's Pharmacy, Rosedale Surgery, Ashburnham Way, **Lowestoft** NR33 8LG
Howells & Jolley, Reydon Pharmacy, 4 Shearwater Way, **Reydon** IP18 6GX
J Hoots Pharmacy, 187 London Road South, **Lowestoft** NR33 0DX
Nucrest Ltd, 18 Queen Street Pharmacy, **Southwold** IP18 6EQ
Superdrug Pharmacy, 14 The Britten Centre, **Lowestoft** NR32 1LR
Tesco Pharmacy, George Westwood Way, **Beccles** NR34 9EJ
Well Pharmacy, 55 Westwood Avenue, **Lowestoft** NR33 9RW
Well Pharmacy, Alexandra Road Surgery, Alexandra Road, **Lowestoft** NR32 1LX
Well Pharmacy, Unit 5, 15 Ashburnham Way, **Carlton Colville** NR33 8LG
Worlingham Pharmacy, Woodland Avenue, **Worlingham**, Beccles NR34 7EF

Great Yarmouth, Gorleston and Coastal Villages Pharmacies

Asda Pharmacy Acle New Road, **Great Yarmouth** NR30 1SF
Boots the Chemist Ltd Market Gates Shopping Centre, **Great Yarmouth** NR30 2AX
Boots the Chemist Ltd, High Street, **Gorleston** NR31 6QX
Boots the Chemist Ltd, Gapton Hall Retail Park, **Great Yarmouth** NR31 0NL
Day Lewis Ltd, 45 Caister Road, **Great Yarmouth** NR30 4DA
Day Lewis Ltd, 54 Springfield Road, **Gorleston** NR31 6AD
Greyfriars Pharmacy, 5 Greyfriars Way, **Great Yarmouth** NR30 2QE
Hopton Pharmacy, 1 Warren Road **Hopton** NR31 9BN
J Hoots Pharmacy, 114 Regent Road, **Great Yarmouth** NR30 2AB
J Hoots Pharmacy, Station Road North, **Belton** NR31 9NF
Lloyds Pharmacy, Bradwell Medical Centre, Church Lane, **Bradwell** NR31 8QW
Lloyds Pharmacy, Central Surgery, Sussex Road, **Gorleston** NR31 6QB
Lloyds Pharmacy, 77 Magdalen Way, **Gorleston** NR31 7AA
Lloyds Pharmacy, Caister Medical Centre, West Road, **Caister** NR30 5AQ
Natural Health Pharmacy, 3 Kingsway, **Hemsby** NR29 4JT
Superdrug Pharmacy, 138 High Street, **Gorleston** NR31 6QX
Tesco Pharmacy, Pasteur Road, Southtown, **Great Yarmouth** NR31 0DW
Town Pharmacy, 171 Kings Street, **Great Yarmouth** NR30 2PA
Well Pharmacy, The Medical Centre, Hemsby Road, **Martham** NR29 4QG
Well Pharmacy, 46 High Street, **Caister on Sea** NR30 5EP
Well Pharmacy, Shopping Precinct, Magdalen Way, **Gorleston** NR31 7AA
Well Pharmacy, 57-58 King Street, **Great Yarmouth** NR30 2PW
Well Pharmacy, Millwood Surgery, Mill Lane, **Bradwell** NR31 8HS
Well Pharmacy, 2 Cromer Road, **Ormesby St Margaret** NR29 3RH
Well Pharmacy, 8 Lowestoft Road, **Gorleston** NR31 6LY
Well Pharmacy, Nelson Medical Centre, Pasteur Road, **Great Yarmouth** NR31 0DW

Lowestoft and Waveney Pharmacies

Asda Pharmacy, Belvedere Road, **Lowestoft** NR33 0PX
Boots, 4 St Mary's Street, **Bungay** NR35 1AX
Boots, 28 St Johns Road, **Bungay** NR35 1LP
Boots, 2-4 Stradbroke Road, **Pakefield**, Lowestoft NR33 7HT
Boots, Oulton Health Centre, Meadow Road, **Oulton Broad** NR32 3AZ
Boots, 120 St Peters Street, **Lowestoft** NR32 1UD
Beccles HCC Ltd, St Mary's Road, **Beccles** NR34 9NQ
Boots, 26 Market Place, **Halesworth** IP19 8AY
Boots, 5 New Market, **Beccles** NR34 9HQ
Boots, 76a London Road North, **Lowestoft** NR32 1ET
Cutlers Hill Pharmacy, Bungay Road, **Halesworth** IP19 8SG
Eastpoint Pharmacy, Arvor House, Clifton Road, **Lowestoft** NR33 0HF
F P Cross Ltd, Village Rise, Weston Road, Gunton, **Lowestoft** NR32 4PT
Hayden's Central, Hayden House, Bridge Road, **Oulton Broad** NR32 3LL
Hayden's, Holly Pharmacy, 1b Bridge Road, **Oulton Broad** NR32 3LJ
Hayden's, Victoria Surgery, 82 Victoria Road, **Oulton Broad** NR33 9LU
Hayden's, High Street Surgery, High Street, **Lowestoft** NR32 1JE
Hayden's, Kessingland Pharmacy, 70 High Street, **Kessingland** NR33 7QF
Hayden's Pharmacy, Rosedale Surgery, Ashburnham Way, **Lowestoft** NR33 8LG
Howells & Jolley, Reydon Pharmacy, 4 Shearwater Way, **Reydon** IP18 6GX
J Hoots Pharmacy, 187 London Road South, **Lowestoft** NR33 0DX
Nucrest Ltd, 18 Queen Street Pharmacy, **Southwold** IP18 6EQ
Superdrug Pharmacy, 14 The Britten Centre, **Lowestoft** NR32 1LR
Tesco Pharmacy, George Westwood Way, **Beccles** NR34 9EJ
Well Pharmacy, 55 Westwood Avenue, **Lowestoft** NR33 9RW
Well Pharmacy, Alexandra Road Surgery, Alexandra Road, **Lowestoft** NR32 1LX
Well Pharmacy, Unit 5, 15 Ashburnham Way, **Carlton Colville** NR33 8LG
Worlingham Pharmacy, Woodland Avenue, **Worlingham**, Beccles NR34 7EF