



Promoting Responsible Consumer Health

POM – P Switches

This document was prepared by the Regulatory Department, Proprietary Association of Great Britain. Whilst every effort has been made to ensure this publication is as accurate as possible, no responsibility can be accepted for inaccuracies, errors or omissions.

All rights are reserved. No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form or by any means – electronic, mechanical, photocopying, recording or otherwise – without the prior written permission of PAGB.

List updated: 16 February 2010

Vernon House, Sicilian Avenue, London WC1A 2QS T: 020 7242 8331 F: 020 7405 7719

Proprietary Association of Great Britain is a Company Limited by Guarantee and Registered in England.
Registration No. 375216

POM-to-P switch history

YEAR	ACTIVE INGREDIENT	OTC INDICATION OR RESTRICTION FOR OTC USE
1983	Ibuprofen (oral)	Rheumatic and muscular pain, backache, neuralgia, migraine, headache, dental pain, dysmenorrhoea, feverishness, symptoms of colds and influenza. Max. single dose: 400 mg Max. daily dose: 1200 mg
1983	Loperamide hydrochloride	Symptomatic relief of acute diarrhoea
1983	Terfenadine	Hayfever (POM exemption removed in 1997)
1987	Hydrocortisone (topical)	Irritant dermatitis, contact allergic dermatitis and insect bite reactions in adults and children not less than 10 years of age Max. strength: 1% Max. pack size: 15 g
1987	Dextranomer (topical)	External use in wound management
1987	Podophyllum resin (20%)	External use for plantar warts either as an ointment or impregnated plaster
1988	Astemizole	Treatment of hayfever in adults and children over 12 years. Max. daily dose: 10 mg Max. pack: 100 mg (PoM exemption removed in 1998)
1988	Ibuprofen (topical)	Topical application for pain relief Max. strength: 5%
1988	Isosorbide dinitrate m/r	Prophylaxis and treatment of angina
1989	Dextromethorphan m/r	Prolonged-release preparation for cough suppression Max. single dose: 30 mg Max. daily dose: 75 mg
1989	Ibuprofen m/r (oral)	Treatment of prolonged-release preparation for general pain relief. Max. single dose in controlled release form: 600 mg Max. daily dose = 1200 mg
1989	Mebendazole	Enterobiasis in adults and children over 2 years. Max. single dose 100 mg
1991	Hyoscine butylbromide (internal)	Relief of spasm of the gastrointestinal or genito-urinary tracts and in dysmenorrhoea (<i>no longer indicated for spasmodic dysmenorrhoea from 2003</i>) and for symptomatic relief of irritable bowel syndrome Max. dose: 20 mg Max. daily dose: 80 mg Max. pack : 240 mg
1991	Nicotine (2mg) gum	Smoking Cessation
1992	Clotrimazole / Econazole / Econazole nitrate / Isoconazole nitrate / Miconazole / Miconazole nitrate	Vaginal candidiasis (external use)

YEAR	ACTIVE INGREDIENT	OTC INDICATION OR RESTRICTION FOR OTC USE
1992	Carbenoxolone sodium mouthwash (granules)	Treatment of adults and children not less than 12 years Max strength: 1% Max dose: 20 mg Max daily dose: 80 mg Max pack: 560 mg
1992	Dihydrocodeine	Relief of toothache and other dental pain. For treatment of mild to moderate pain and as an antipyretic Max strength: 1.5% Max dose: 10 mg
1992	Hydrocortisone in combination with crotamiton	Relief of inflammation and pruritus associated with irritant and allergic contact dermatitis, insect bite reactions and mild to moderate eczema
1992	Nicotine replacement transdermal patches	Smoking cessation
1993	Aciclovir (topical)	For treatment of herpes simplex virus infections of the lips and face (<i>Herpes labialis</i>). Max strength 5% Max pack size 2 g
1993	Acrivastine	Allergic rhinitis including hayfever, and allergic skin conditions Max daily dose = 24 mg Max pack = 240 mg
1993	Cetirizine hydrochloride	Allergic rhinitis including hayfever and allergic skin conditions. Max daily dose = 10 mg Max pack not more than 100 mg
1993	Ketoprofen (topical)	Muscular and rheumatic pain in adults and children aged 12 years and over for a maximum period of 7 days. Max strength: 2.5% Max pack: 30 g
1993	Loratadine	Symptomatic relief of seasonal and perennial rhinitis; max daily dose: 10 mg Max pack: 100 mg
1993	Terfenadine	Hayfever (PoM exemption removed 1997) Max dose: 120 mg Max pack: 1200 mg
1994	Aluminium chloride hexahydrate	Hyperhidrosis
1994	Aspirin	Max pack size: <325 mg = 30 tablets <500 mg = 20 tablets
1994	Beclometasone dipropionate (non-aerosol nasal spray)	Treatment of seasonal allergic rhinitis in adults and children over 12 years of age Max dose: 100 mcg per nostril Max daily dose: 200 mcg per nostril Max pack size: 200 doses

YEAR	ACTIVE INGREDIENT	OTC INDICATION OR RESTRICTION FOR OTC USE
1994	Cimetidine	Short-term symptomatic relief of heartburn, dyspepsia, and hyperacidity. Max dose: 200 mg Max daily dose: 800 mg Max treatment period 2 weeks
1994	Diclofenac diethylammonium (topical)	Symptomatic relief of pain and inflammation in trauma of tendons, ligaments, muscles and joints and in localised forms of soft tissue rheumatism in adults and children aged 12 years and over for not more than 7 days Max strength: 1.16% Max pack: 30 Maximum treatment period: 14 days
1994	Famotidine	Short-term symptomatic relief of heartburn, dyspepsia, indigestion, acid indigestion and hyperacidity Max dose: 10 mg Max daily dose: 20 mg Max treatment 2 weeks
1994	Felbinac (topical)	Relief of symptoms associated with soft tissue injury such as strains, sprains and contusions, in adults and children aged 12 years and over for not more than 7 days Max strength: 3.17% Max pack: 30 g
1994	Flunisolide (non- pressurised nasal spray)	Prevention and treatment of seasonal allergic rhinitis including hayfever in adults and children aged 12 and over (age restriction increased to 18 years and over in 1998) Max strength: 0.025% Max dose: adult 50 mcg per nostril; child (12-16 years) 25 mcg per nostril Max daily dose: adult 100 mcg per nostril; child (12-16 years) 75 mcg per nostril Max pack size: 240 metered doses = 6000 mcg
1994	Hydrocortisone sodium succinate (equivalent to hydrocortisone 2.5 mg)	Aphthous ulceration of the mouth for adults and children not less than 12 years. Max pack: 50 mg equivalent to hydrocortisone
1994	Hydrocortisone (topical)	<u>Addition to existing indication:</u> Mild to moderate eczema
1994	Hydrocortisone (rectal)	Symptomatic relief of uncomplicated internal and external haemorrhoids and associated itching and irritation
1994	Mebendazole	Max pack size increased to 4x100 mg single doses. Amended in 1996 to allow pack of 8 tablets.
1994	Minoxidil 2% (topical)	Treatment of alopecia androgenetica in males and females.
1994	Nicotine (4 mg) gum	Smoking cessation

YEAR	ACTIVE INGREDIENT	OTC INDICATION OR RESTRICTION FOR OTC USE
1994	Oxetacaine (oxethazaine)	Local anaesthetic (available only as a combination with antacids). Max dose: 10 mg Max daily dose: 30 mg Max pack: 400 mg
1994	Piroxicam (topical)	Relief of rheumatic pain and muscular aches, pains and swellings such as strains, sprains and sports injury for not more than 7 days in adults and children aged 12 years and over. Max strength: 0.5% Max pack: 30 g
1994	Pseudoephedrine hydrochloride m/r	Max dose: 90 mg Max daily dose: 180 mg
1994	Ranitidine hydrochloride	Short-term symptomatic relief of heartburn, dyspepsia, and hyperacidity Max dose: equivalent of 75 mg ranitidine Max daily dose: equivalent of 300 mg ranitidine Max treatment period: 14 days
1994	Sodium cromoglicate	Acute seasonal allergic conjunctivitis <i>Aqueous drops:</i> Max pack: 10 mL Max strength: 2% <i>Ointment:</i> Max pack: 5 g Max strength: 4%
1994	Tioconazole (2%) (topical)	Vaginal candidiasis (external use)
1994	Triamcinolone acetonide	Treatment of common mouth ulcers for max. 5 days Max strength: 0.1% Max pack: 5 g
1995	Beclometasone dipropionate (non-aerosol nasal spray)	<u>Addition to existing indication:</u> Prevention of seasonal allergic rhinitis
1995	Budesonide (aqueous non-aerosol nasal spray)	Prevention and treatment of seasonal allergic rhinitis in adults and children not less than 12 years. Max single dose of 200 mcg per nostril Max daily dose of 200 mcg per nostril Max pack size containing not more than 10 mg of budesonide (Age restriction increased to 18 years and over, max. period of 3 months, in 1998)
1995	Cadexomer-iodine	For wound management
1995	Fluconazole (oral)	Treatment of vaginal candidiasis in persons aged not less than 16 or more than 60 years of age. Max pack: 150 mg Max dose: 150 mg

YEAR	ACTIVE INGREDIENT	OTC INDICATION OR RESTRICTION FOR OTC USE
1995	Hydroxyzine hydrochloride	Management of pruritus associated with acute or chronic urticaria or atopic dermatitis or contact dermatitis, in adults and in children. Max daily dose in adults and children aged 12 years and over: 75 mg Max daily dose: 50 mg (children 6-12 years) Max dose in adults and children: 25 mg; Max pack: 750 mg
1995	Ketoconazole (topical)	Prevention and treatment of dandruff and seborrhoeic dermatitis of the scalp Max frequency of application: once every 3 days Max strength: 2% w/w Max pack size: 120 mL containing not more than 2400 mg ketoconazole
1995	Pyrantel embonate	Treatment of enterobiasis in adults and children aged not less than 2 years. Max single dose, in adults and children aged 12 years and over: 750 mg Max single dose children 6-12 years: 500 mg Max single dose in children 2-5 years: 250 mg; Max pack: 750 mg
1995	Pseudoephedrine hydrochloride	Maximum daily dose: 240 mg Max dose: 120mg
1996	Azelastine hydrochloride (non-aerosol aqueous nasal spray)	Treatment of seasonal allergic rhinitis in adults and children not less than 12 years. Max dose: 140 mcg per nostril Max daily dose: 280 mcg per nostril Max pack: 140 mcg x 36 doses = 5040 mcg
1996	Hydrocortisone / lidocaine (lignocaine) combination (rectal)	Relief of anal and perianal itch associated with haemorrhoids in adults and children not less than 10 years. Max strength: 1% Max pack: 30 mL spray
1996	Nizatidine	Prevention of symptoms of food-related heartburn in persons aged not less than 16 years Max single dose: 75 mg Max dosage: 4 doses in 14 days
1997	Aciclovir (topical)	Treatment of herpes simplex virus infections of the lips and face (<i>herpes labialis</i>). Max strength: 5% Max pack size: 2 g
1997	Beclometasone dipropionate (non aerosol) nasal spray	<u>Addition to existing indication:</u> Prevention and treatment of allergic rhinitis Max pack size: 5600 mcg (14 days use)

YEAR	ACTIVE INGREDIENT	OTC INDICATION OR RESTRICTION FOR OTC USE
1997	Cimetidine	<u>Addition to existing indication:</u> Indigestion, acid indigestion, prophylaxis of meal-induced and nocturnal heartburn <u>For nocturnal heartburn:</u> Max dose: 100 mg to be taken as a single dose at night Max treatment period: 14 days
1997	Famotidine	<u>Addition to existing indication:</u> Prevention of heartburn, dyspepsia, indigestion, acid indigestion or hyperacidity symptoms when associated with consumption of food or drink including nocturnal symptoms. Max dose: 10 mg Max daily dose: 20 mg Max treatment period: 14 days.
1997	Hydrocortisone (topical) Hydrocortisone acetate (topical) Hydrocortisone / Clotrimazole combination (topical)	<u>Addition to existing indication:</u> Irritant dermatitis, contact allergic dermatitis, insect bite reactions, mild to moderate eczema, and in combination with clotrimazole for athlete's foot and candidal intertrigo - by adults and children not less than 10 years. Max strength: HC 1% Max pack size: 15 g
1997	Ibuprofen (oral)	<u>Addition to existing indication:</u> Pain of non-serious arthritic conditions
1997	Isoconazole nitrate (topical)	Vaginal candidiasis (external use)
1997	Mebendazole	Maximum pack increased to 8 x 100 mg
1997	Mebeverine hydrochloride	Symptomatic relief of irritable bowel syndrome. Max single dose: 135 mg Max daily dose: 405 mg
1997	Piroxicam (topical)	<u>Addition to existing indication:</u> Pain of non-serious arthritic conditions
1997	Pseudoephedrine hydrochloride (m/r)	Max dose increased to 120 mg in modified-release preparations
1997	Sulconazole nitrate (topical)	Antifungal for external use except for vaginal use
1997	Terfenadine	Hayfever (POM exemption removed 1997)
1997	Loperamide hydrochloride	<u>Addition to existing indication:</u> Symptomatic relief of acute diarrhoea associated with irritable Bowel Syndrome in adults following initial diagnosis by a doctor.
1998	Astemizole	Hayfever (POM exemption removed Sept 1998)
1998	Aspirin	Non effervescent tablets and capsules. Max pack size increased from 16 to 32 tablets/capsules.
1998	Beclometasone dipropionate (non aerosol nasal spray)	Age restriction increased to 18 years and over, for a maximum treatment period of 3 months

YEAR	ACTIVE INGREDIENT	OTC INDICATION OR RESTRICTION FOR OTC USE
1998	Budesonide (aqueous non-aerosol nasal spray)	Age restriction increased to 18 years and over, for a maximum treatment period of 3 months
1998	Domperidone maleate	Relief of post-prandial symptoms of excessive fullness, nausea, epigastric bloating, belching, occasionally accompanied by epigastric discomfort and heartburn Max single dose: 10mg domperidone (as maleate) Max daily dose: 40 mg domperidone (as maleate) Max pack size: 100 mg domperidone (as maleate)
1998	Felbinac (topical)	<u>Changed OTC indication:</u> Relief of rheumatic pain, pain of non-serious arthritic conditions and soft tissue injuries such as sprains, strains and contusions
1998	Flunisolide (nasal spray)	Age restriction increased to 18 years and over. Maximum period of 3 months
1998	Hydrocortisone / Miconazole nitrate combination (topical)	Athlete's foot and candidal intertrigo Max strength: 1% Max pack size: 15 g
1998	Ibuprofen lysine	Rheumatic and muscular pain, pain of non-serious arthritic conditions, backache, neuralgia, migraine, headache, dental pain, dysmenorrhoea, feverishness, symptoms of colds and influenza Max dose: 400 mg (600mg for prolonged release preps) Max daily dose: 1200mg
1998	Ketoconazole (topical)	Treatment of the following mycotic infections of the skin : tinea pedis, tinea cruris and candidal intertrigo
1998	Levocabastine hydrochloride	Maximum strength : Levocabastine 0.05% <i>Nasal spray:</i> Symptomatic treatment of seasonal allergic rhinitis. Max pack = 10 mL <i>Aqueous eye drops:</i> Symptomatic treatment of seasonal allergic conjunctivitis. Max pack = 4 mL
1998	Mebeverine hydrochloride	For uses other than the symptomatic relief of irritable bowel syndrome. Max single dose: 100 mg Max daily dose: 300 mg
1998	Minoxidil 5% (topical)	Treatment of alopecia androgenetica, in men aged 18 to 65 (not to be used in women).
1998	Nedocromil sodium	Prevention, relief and treatment of seasonal and perennial allergic conjunctivitis in adults and children over 6 years. Max strength: 2% Max pack = 3 mL

YEAR	ACTIVE INGREDIENT	OTC INDICATION OR RESTRICTION FOR OTC USE
1998	Nizatidine	<i>Addition to existing indication:</i> Treatment of symptoms of food-related heartburn and meal-induced indigestion in persons aged not less than 16 years. Max dose: 75 mg Max daily dose: 150 mg Max period of treatment: 14 days
1998	Paracetamol	Non effervescent tablets and capsules; Max strength: 120 mg for children less than 12 years Max strength: 500 mg for adults and children not less than 12 years Max pack size increased from 16 to 32 tablets/capsules Pharmacists can sell multiple packs up to a total quantity of 100 capsules or tablets in justifiable circumstances
1998	Ranitidine hydrochloride	<i>Addition to existing indication:</i> Prevention of heartburn, dyspepsia, indigestion, acid indigestion or hyperacidity symptoms when associated with consumption of food or drink
1998	Sodium cromoglicate (cromoglycate)	<i>Addition to existing indication:</i> Perennial allergic conjunctivitis
1999	Aspirin 75 mg	Max strength: 75 mg Max pack size: 100 tablets/capsules
1999	Beclometasone dipropionate (non-aerosol nasal spray)	Max pack size of nasal spray amended to 20000 mcg
1999	Nystatin 3% / Hydrocortisone 0.5% combination (topical)	For external use for intertrigo in adults and children not less than 10 years; Max strength: Hydrocortisone 0.5%/Nystatin 3% Max pack: 15 g
2000	Azelastine hydrochloride (non-aerosol nasal spray)	<i>Addition to existing indication:</i> Treatment of perennial allergic rhinitis Age restriction lowered from 12 years to 5 years
2000	Domperidone Domperidone maleate	Max dose: 10 mg Max daily dose: 40 mg Max pack size: 200 mg Max pack size increased from 100 mg to domperidone maleate 200 mg
2000	Felbinac (topical)	Max pack size increased to 50 g
2000	Ibuprofen 10% (topical)	For external use in pain relief. Max strength: 10% Max dose: 125 mg Max daily dose: 500 mg Max pack size: 50 g
2000	Levocarnitine	Dietary supplementation
2000	Lodoxamide trometamol eye drops 0.1%	Treatment of ocular signs and symptoms of allergic conjunctivitis, in adults and in children aged 4 years and over
2000	Nicotine (nasal spray)	Smoking cessation

YEAR	ACTIVE INGREDIENT	OTC INDICATION OR RESTRICTION FOR OTC USE
2000	Paracetamol	Max strength replaces 120mg with 250mg The words “wholly or mainly” added to column in SI relating to capsules, pharmaceutical form
2000	Terbinafine hydrochloride 1% cream (topical)	Treatment of tinea pedis, tinea cruris Max pack size: 15 g Max strength: 1%
2000	Triamcinolone acetonide (non-pressurised nasal spray)	Treatment of symptoms of seasonal allergic rhinitis in adults and children aged 18 years and over, for a maximum period of 3 months. Max daily dose: 110mcg per nostril/day Max pack restricted to contain triamcinolone acetonide 3.575 mg
2001	Levonorgestrel	Emergency contraceptive in women aged 16 years and over. Max strength: 0.75 mg (see also 2007 entry)
2001	Clobetasone butyrate cream (topical)	Short-term symptomatic treatment and control of patches of eczema and dermatitis (excluding seborrhoeic dermatitis) in adults and in children aged 12 years and over. Max strength: 0.05% Max pack size: 15 g
2001	Fenticonazole nitrate	For external use, but in the case of vaginal use, only for the treatment of vaginal candidiasis
2001	Prochlorperazine maleate buccal tablets	Treatment of nausea and vomiting in cases of previously diagnosed migraine only in those aged 18 years and over. Max strength: 3 mg Max daily dose: 12 mg Max pack size: 8 tablets
2001	Fluconazole (oral)	<u>Addition to existing indication:</u> candidal balanitis associated with vaginal candidiasis.
2001	Terbinafine 1% gel	Treatment of tinea pedis, tinea cruris and tinea corporis. Max strength: 1% Max pack size: 30 g
2001	Terbinafine hydrochloride 1% spray (topical)	Treatment of tinea corporis, tinea cruris, and tinea pedis Max pack size: spray 30 mL Max strength: 1%
2001	Hydrocortisone acetate with Miconazole nitrate (topical)	Athlete’s foot and candidal intertrigo in adults and children not less than 10. Max strength: HC 1% Max pack size: 15 g
2001	Stannous fluoride dental gel	Prevention and treatment of dental caries and decalcification of the teeth. Max strength: 0.4%
2001	Flurbiprofen throat lozenges	Symptomatic relief of sore throat in adults and children over 12 years Max strength: 8.75 mg Max daily dose: 43.75 mg (Max 5 lozenges in 24 hours) Max pack size: 140 mg

YEAR	ACTIVE INGREDIENT	OTC INDICATION OR RESTRICTION FOR OTC USE
2001	Diphenoxylate with atropine sulphate	Short-term use as an adjunctive therapy to appropriate rehydration in acute diarrhoea in those aged 16 years and over. Max daily dose: 25 mg Max pack size: 20 tablets Max strength: 2.5 mg
2001	Nicotine lozenge	Smoking cessation
2002	Adenosine	For vitamin and mineral deficiency. Oral administration at a maximum daily dose of 750 micrograms in those over 14 years of age.
2002	Azelastine hydrochloride eye drops	Treatment of seasonal or perennial allergic conjunctivitis in adults and children aged 12 years and above. Max strength: 0.05%w/w Max pack size: 3 mg
2002	Fluticasone propionate 0.05% nasal spray (non-pressurised)	Prophylaxis and treatment of allergic rhinitis in those aged 18 years and over for a maximum period of 3 months. Max pack size 60 metered sprays Max daily dose 200 mcg per nostril Max pack: 3 mg
2002	Griseofulvin 1% non pressurised spray (topical)	Treatment of tinea pedis (athlete's foot) Max strength: 1% Max daily dose: 1.2 mg Max treatment period: 4 weeks Max pack size: 20 mL
2003	Aspirin/Aloxiprin	Age restriction – Not to be given to children under 16 years of age, unless on the advice of a doctor.
2003	Diclofenac sodium (topical)	Local symptomatic relief of mild to moderate pain and inflammation following acute blunt trauma of small and medium sized joints and peri-articular structures, such as trauma of tendons, ligaments, muscles and joints eg: due to sprains and strains. Max length of treatment without medical advice: 7 days Max dose: 40 mg Max daily dose: 120 mg Max strength: 4% Max pack size: 25 g
2003	Diclofenac diethylammonium (topical)	<u>Addition to existing indication:</u> for the relief of the pain of non-serious arthritic conditions. Maximum pack size has been increased to 50 g
2003	Omeprazole 10 mg tablets	Relief of reflux-like symptoms such as heartburn in adults aged 18 years and over for a maximum period of 4 weeks. Max strength: 10 mg Max dose: 20 mg Max daily dose: 20 mg Max pack size: 28 tablets

YEAR	ACTIVE INGREDIENT	OTC INDICATION OR RESTRICTION FOR OTC USE
2004	Hyoscine 1.5 mg transdermal patches	Prevention of travel sickness symptoms e.g. nausea, vomiting, vertigo. For use in adults and children aged 10 years or over. Max strength: 1.5 mg per patch Max pack size: 2 patches
2004	Simvastatin 10 mg tablets	To reduce the risk of a first major coronary event (non fatal myocardial infarction and Coronary Heart Disease (CHD) deaths) in people who are likely to be at moderate risk (approximately 10-15% 10 year risk of a first major event) of CHD. Treatment should be taken as part of a programme of actions to reduce the risk of CHD. Max strength: 10 mg Max daily dose: 10 mg Max pack: 28 tablets
2005	Chloramphenicol 0.5% eye drops	Treatment of acute bacterial conjunctivitis in adults and children aged two years and over. Max length of treatment: 5 days Max pack size: 10 mL
2005	Trimethoprim 200mg tablets (ARM 30 Pending)	Treatment of uncomplicated acute bacterial cystitis in women aged 16-70 years, who have had a previous diagnosis of the same confirmed by a doctor. Dose: 200mg twice daily for three days 400 mg Max pack size: 6 tablets
2005	Zolmitriptan 2.5mg tablets (ARM 32 Pending)	For the acute treatment of migraine with or without aura.
2006	Penciclovir 10mg/g (topical)	For the treatment of cold sores (herpes labialis) in adults and children over 12 years and above Max. pack size: 2g tube
2006	Amorolfine hydrochloride 5% (topical)	Treatment of mild cases of distal and lateral subungal onychomycoses caused by dermatophytes, yeasts and mould limited up to 2 nails in those aged over 18 years Max pack size: 3 mL.
2006	Sumatriptan 50 mg tablets	For the acute relief of migraine attacks, in those aged 18-65 years of age with or without aura in patients who have stable well established pattern of symptoms, for a max period of 1 day. Max daily dose: 100mg Pack size: 2 tab pack.
2007	Chloramphenicol 1% eye ointment	Treatment of acute bacterial conjunctivitis in adults and children aged two years and over. Max length of treatment: 5 days Max pack size: 4 g
2007	Levonorgestrel 1.5mg tablet	Max strength: 1.5 mg (dose increased from 0.75mg)

YEAR	ACTIVE INGREDIENT	OTC INDICATION OR RESTRICTION FOR OTC USE
2007	Tranexamic acid 500 mg tablets (ARM 39 Pending)	For reduction of heavy menstrual bleeding experienced over several cycles by women with regular (21-35 day) cycles with no more than 3 days individual variability in cycle duration. Treatment is initiated only once heavy bleeding has started. Dose for women above 18 years: 2 tablets 3 times daily for as long as needed, but for a maximum of 4 days. Total dose of 4 g daily (8 tablets) should not be exceeded. Max. pack size is 18 tablets.
2008	Naproxen 250 mg tablets	Primary dysmenorrhoea (period pain) in women aged between 15 and 50 years. Maximum pack size: 9 tablets
2008	Azithromycin 500 mg tablets	Treatment of known or suspected asymptomatic <i>Chlamydia trachomatis</i> genital infection in those aged 16 years and over. Dose: Two 500 mg tablets, taken as a single 1g dose. Pack size 2 tablets.
2008	Diclofenac potassium 12.5mg tablets	Short term relief of headache, dental pain, period pain, rheumatic and muscular pain, backache and the symptoms of cold and flu, including fever in adults and adolescents aged 14 years and over. Dose: Two tablets should be taken initially, followed by one or two tablets every 4-6 hours as needed. Max daily dose: 6 tablets (75mg) in any 24 hour period. Pack size: 18 tablets.
2008	Nitrofurantoin 100mg (ARM 51 Pending)	For the treatment of uncomplicated acute bacterial cystitis in women aged between 16 and 70 years of age who have had the condition on a previous occasion when a physician confirmed the diagnosis. Dose: 100 mg twice daily for three days. Pack size: 6 tablets
2009	Orlistat 60mg (First centrally authorised European switch)	For weight loss in adults with a body mass index of 28 or more, and should be taken in conjunction with a reduced calorie, lower-fat diet. The recommended dose of alli (brand name) is one 60 mg capsule three times a day with meals containing the recommended amount of fat.
2009	Pantoprazole (Centrally authorised European switch)	Proton pump inhibitor. Short-term treatment of reflux symptoms (e.g. heartburn, acid regurgitation) in adults. http://www.emea.europa.eu/humandocs/Humans/EPAR/pantozol_control/pantozol_control.htm

YEAR	ACTIVE INGREDIENT	OTC INDICATION OR RESTRICTION FOR OTC USE
2009	Alclometasone dipropionate 0.05%	Short term treatment and control of patches of eczema and dermatitis including atopic eczema and primary irritant and allergic dermatitis in adults and children 12 years and above. Max treatment period: 7 days. Max pack size 15g.
2009	Tamsulosin hydrochloride 0.4mg	For the treatment of functional symptoms of benign prostatic hyperplasia (BPH) for use in men 45 – 75 years of age. Dosage is 0.4mg once daily. Pack sizes: 14 capsule starter pack; 28 capsule pack
2010	Domperidone 10mg tablets (Motilium 10)	For for the relief of nausea and vomiting of less than 48 hours duration. <i>(Note: This is an additional indication. Domperidone maleate tablets may also continue to be supplied without a prescription for the relief of post-prandial symptoms of excessive fullness, nausea, epigastric bloating and belching, occasionally accompanied by epigastric discomfort and heartburn.)</i>
2010	Diclofenac sodium 140mg (patch) (Algopain-Eze 140 mg medicated plaster) (ARM 65 pending)	For local symptomatic treatment of pain in acute strains, sprains or bruises of the extremities following blunt trauma, e.g. sport injuries. Pack size. Each pack contains 2, 5, 10 or 14 medicated plasters.