

## The top 10 minor illnesses which can be treated at home are:

- **Constipation** - if it is uncomplicated, you have had it for less than seven days and haven't yet tried over the counter remedies to treat it
- **Lower back pain** - which can be treated with painkillers available from the chemist
- **Eczema** - which is mild to moderate (in patients over 12 years old) and can be managed with remedies available at the chemist
- **Sore throat** - which is likely to be caused by a virus and has lasted for less than two weeks
- **Fever** - in children over six months old, without serious underlying causes. If the fever lasts for more than five days or if more serious symptoms develop, see a GP
- **Heartburn and indigestion** - if Minor. If your symptoms do not clear up within two weeks or get a lot worse, you should see your GP
- **Coughs** - which are uncomplicated and probably caused by a virus
- **Simple strains or sprains** - which can be managed by over the counter painkillers
- **Headaches** - which are uncomplicated and have lasted less than three days - try medicines available from the pharmacy first
- **Acne** - mild to moderate, which can be managed by over the counter products



**think!**  
right treatment  
right place

## Heartburn and indigestion



**Many minor illnesses can be treated at home without the need to visit your GP.**

**Please THINK - get the right treatment in the right place and make sure we keep GP appointments and urgent care services for those who really need them. Unnecessary GP appointments for minor illnesses cost the NHS £2 billion a year.**



Your local pharmacy can give help and advice and many products available there can ease your symptoms and support your recovery. If you are unsure call 111 for immediate advice.



You can also check your symptoms at [www.nhs.uk/symptomchecker](http://www.nhs.uk/symptomchecker)

# Here is some advice on how to treat your current condition now and in the future.



## How should I treat heartburn and indigestion?

- Heartburn and indigestion are symptoms of pain or discomfort in the upper abdomen (stomach) or chest. They can often result from overeating or eating fatty or spicy food
- The pain is often accompanied by belching and feeling bloated or sick
- Your symptoms will usually improve within one or two weeks
- Symptoms often improve by changing your diet. Avoid fatty and fried meals and do not eat large meals late in the day or evening
- Try to avoid fizzy drinks, coffee, alcohol and smoking
- Eat slowly and chew your food properly
- Try over the counter indigestion or heartburn remedies available from the pharmacy



## When should I seek medical help?

- If you have pain in your chest, breathlessness, sweating, sickness or vomiting
- If you are 55 years old or over
- If you have lost a lot of weight without meaning to
- If you have increasing difficulty swallowing
- If you keep being sick or have blood in your sick
- If you have anaemia (not enough iron in your blood)
- If you can feel a lump in your stomach
- If you have blood in your vomit or blood in your faeces (poo)
- If you have been using indigestion remedies for a week or two and they have not helped

Ask your pharmacist for advice or find some more information here:

[www.nhs.uk/conditions/indigestion](http://www.nhs.uk/conditions/indigestion)

