

## Free NHS advice and treatment from your local pharmacist

Your local pharmacist can offer advice on minor health concerns and provide some over the counter and prescription medicines **free of charge**.

You don't need an appointment to visit your local pharmacist and they can refer you to another NHS service if they feel it's needed.

**Remember to order your repeat prescriptions 7 days in advance** – an extra 2 or 3 days will be needed for bank holidays.

Get to know the changing ways you can access healthcare, including how pharmacists can help you, by visiting [111.wales.nhs.uk/pharmacy](https://111.wales.nhs.uk/pharmacy)

Visit your pharmacist if you are experiencing any of these common ailments:

- acne
- athlete's foot
- back pain (acute)
- chicken pox
- cold sores
- colic
- conjunctivitis (bacterial eye infection)
- constipation
- dermatitis
- diarrhoea
- dry eyes
- haemorrhoids (piles)
- hay fever
- head lice
- indigestion
- ingrowing toenails
- intertrigo (rash in skin folds)
- mouth ulcers
- nappy rash
- oral thrush
- ringworm
- scabies
- sore throat
- teething
- threadworms
- vaginal thrush
- verruca

Every change you make will **help us help you**.

## Cyngor a thriniaeth y GIG am ddim drwy eich fferylllydd lleol

Gall eich fferylllydd lleol gynnig cyngor ar fân bryderon iechyd a darparu rhai meddyginiaethau dros y cownter a meddyginiaethau ar bresgripsiwn, lle bo hynny'n briodol, **yn rhad ac am ddim**, heb fod angen i chi weld eich meddyg teulu.

Does dim angen apwyntiad a gall eich fferylllydd eich cyfeirio at un o wasanaethau eraill y GIG os yw'n teimlo bod angen gwneud hynny.

**Cofiwch archebu eich presgripsiynau rheolaidd 7 diwrnod ymlaen llaw** – bydd angen 2 neu 3 diwrnod ychwanegol dros ylliau banc.

**Dysgwch am y ffyrdd newydd y gallwch chi gael gafael ar ofal iechyd, gan gynnwys sut gall fferyllwyr eich helpu, drwy fynd i [111.wales.nhs.uk/Fferylliaeth](https://111.wales.nhs.uk/Fferylliaeth)**

Ewch i weld eich fferylllydd os oes gyda chi un o'r anhwylderau cyffredin yma:

- acne
- tarwden y traed
- poen cefn (aciwt)
- brech yr ieir
- dolur annwyd
- colig
- llid pilen y llygad (haint bacteriol y llygad)
- rhwymedd
- dermatitis
- dolur rhydd
- llygaid sych
- hemoroidau (clwyf y marchogion)
- clefyd y gwair
- llau pen
- camdreuliad
- ewinedd yn tyfu i'r byw
- llid rhwbio (brech mewn plygiadau croen)
- wlsrau'r geg
- brech cewyn
- llindag y geg
- tarwden
- clefyd crafu
- llwnc tost
- torri dannedd
- edeulyngyr
- llindag y wain
- ferwca

Bydd pob newid a wnewch yn **helpu ni i'ch helpu chi.**