## POMs with exemptions for supply without prescription

<table>
<thead>
<tr>
<th>Active Ingredient</th>
<th>Exemptions for supply of POM without prescription</th>
<th>Effective date</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Acyclovir</strong></td>
<td>As a dermatological preparation not exceeding 5%</td>
<td>17 Jan 2000</td>
</tr>
<tr>
<td></td>
<td>Indication: Treatment of cold sore</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Maximum Supply: 2 g</td>
<td></td>
</tr>
<tr>
<td><strong>Adapalene</strong></td>
<td>As a topical preparation not exceeding 0.1%</td>
<td>31 March 2016</td>
</tr>
<tr>
<td></td>
<td>Indication: Treatment of acne vulgaris</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Maximum daily dose: Apply to affected areas once daily</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Maximum supply: 30g</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Minimum age: 12 years</td>
<td></td>
</tr>
<tr>
<td><strong>Ambroxol</strong></td>
<td>As an oral solid preparation containing not more than 30mg</td>
<td>1 July 2011</td>
</tr>
<tr>
<td></td>
<td>Indication: To clear the chest by thinning the mucus in air passages</td>
<td></td>
</tr>
<tr>
<td></td>
<td>As an oral liquid preparation containing not more than 30mg/5ml</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Indication: To clear the chest by thinning the mucus in air passages</td>
<td></td>
</tr>
<tr>
<td><strong>Azelaic acid</strong></td>
<td>As a topical preparation containing 20% w/w</td>
<td>1 July 2012</td>
</tr>
<tr>
<td></td>
<td>Indications: Mild to Moderate Acne Vulgaris</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Maximum daily dose: Apply to the affected area twice daily</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Maximum supply: 30g</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Minimum age: 12 years</td>
<td></td>
</tr>
<tr>
<td><strong>Becloethasone</strong></td>
<td>As a nasal spray</td>
<td>17 Jan 2000</td>
</tr>
<tr>
<td></td>
<td>Indications: Prevention and treatment of allergic rhinitis.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Maximum Daily Dose: 200 mcg/nostril</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Maximum Supply: Up to 3 months’ duration.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Minimum Age: 18 years</td>
<td></td>
</tr>
<tr>
<td><strong>Betamethasone</strong></td>
<td>As a topical preparation (as valerate or dipropionate salt) as a single agent not exceeding 0.1%</td>
<td>31 March 2016</td>
</tr>
<tr>
<td><strong>Medication</strong></td>
<td><strong>Indication</strong></td>
<td><strong>Maximum Daily Dose</strong></td>
</tr>
<tr>
<td>----------------</td>
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</tr>
</tbody>
</table>
| **Indication:** Symptomatic relief of inflammatory skin or scalp disorders such as dermatitis and eczema.  
Maximum Daily Dose: Apply to the affected areas twice daily  
Maximum Supply: 15g for cream/ointment/gel  
30ml for topical solution  
Minimum age: 18 years | | | | | |
| **Bromhexine** | **As an oral solid preparation containing not more than 8mg**  
**Indication:** To clear the chest by thinning the mucus in air passages  
**As an oral liquid preparation containing not more than 4mg/5ml**  
**Indication:** To clear the chest by thinning the mucus in air passages | | | | **1 July 2011** |
| **Budesonide** | **As a nasal spray**  
**Indications:** Prevention and treatment of allergic rhinitis.  
**Maximum Daily Dose:** 200 mcg/nostril  
**Maximum Supply:** Up to 3 months' duration.  
**Minimum Age:** 18 years | | | | **19 Nov 2002** |
| **Cimetidine** | **As an oral preparation**  
**Indications:**  
(a) Short-term relief of heartburn, dyspepsia and hyperacidity and  
(b) Prophylactic management of nocturnal heartburn.  
**Maximum Daily Dose:** (a) 200 mg and (b) 100 mg (as a single night-time dose).  
**Maximum Supply:** Up to 2 weeks' duration | | | | **10 Nov 1995** |
| **Clindamycin** | **As a topical preparation not exceeding 1%**  
**Indication:** Treatment of acne vulgaris  
**Maximum daily dose:** Apply to affected areas twice daily* | | | | **31 March 2016** |

*Once daily for fixed combination products containing topical clindamycin not exceeding 1% and benzoyl peroxide*
| Maximum supply: 30g for gel  
| 30ml for topical solution/lotion  
| Minimum age: 12 years  

**Desloratadine***  
*POM exemptions do not apply to products classified as P  

| As an oral solid preparation containing not more than 5mg  
| Indication: For relief of symptoms associated with allergic rhinitis and urticaria  
| Dosing regimen:  
| Adults and adolescents 12 years and older: 5mg daily  
| Maximum daily dose: 5mg  
| Maximum supply: 2 weeks  
| Minimum age: 12 years  
| As an oral liquid preparation containing not more than 0.5mg/ml  
| Indication: For relief of symptoms associated with allergic rhinitis and urticaria  
| Dosing regimen:  
| 12 years and above: 5mg once daily  
| 6-11 years: 2.5 mg once daily  
| 2-5 years: 1.25 mg once daily  
| Maximum daily dose:  
| 12 years and above: 5mg  
| 6-11 years: 2.5 mg  
| 2-5 years: 1.25 mg  
| Maximum supply: 2 weeks  
| Minimum age: 2 years  

1 July 2011
| **Desloratadine/Pseudoephedrine** | As a modified release oral solid dosage form containing desloratadine 2.5mg and pseudoephedrine 120mg.  
Indications: For the relief of symptoms associated with allergic rhinitis including nasal congestion, sneezing, runny nose, itching of the nose and/or eyes.  
It should be administered when both the antihistaminic properties of desloratadine and the decongestant effect of pseudoephedrine are required.  
Dosing regimen: 1 tablet twice daily  
Maximum daily dose: 2 tablets  
Maximum supply: 10 tablets  
Minimum age: 12 years | 1 Jan 2012 |
| **Desonide** | As a topical cream or lotion preparation containing not more than 0.05% w/w.  
Indication: Treatment of redness, swelling and itching that is associated with minor skin ailments such as eczema.  
Maximum daily dose: 2 to 3 times daily depending on severity.  
Maximum supply: 15 g (cream) or 60 ml (lotion)  
Minimum age: 18 years | 1 Jan 2013 |
| **Domperidone** | As an oral solid preparation containing not more than 10mg or an oral liquid preparation containing not more than 1mg/ml.  
Indications: Relief of postprandial symptoms of excessive fullness, nausea, epigastric bloating and belching occasionally accompanied by epigastric discomfort and heartburn.  
Maximum Daily Dose: 30 mg  
Maximum supply: 14 days  
Minimum age: 12 years | 1 July 2012 |
<table>
<thead>
<tr>
<th>Medicine</th>
<th>Description</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Esomeprazole</td>
<td>As an oral solid preparation not exceeding 20mg</td>
<td>1 Dec 2016</td>
</tr>
<tr>
<td></td>
<td>Indication: Relief of heartburn symptoms associated with acid reflux</td>
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<tr>
<td></td>
<td>Maximum daily dose: 20mg</td>
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<tr>
<td></td>
<td>Maximum supply: 2 weeks</td>
<td></td>
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<tr>
<td></td>
<td>Minimum age: 18 years</td>
<td></td>
</tr>
<tr>
<td>Erythromycin</td>
<td>As a topical preparation not exceeding 4%</td>
<td>31 March 2016</td>
</tr>
<tr>
<td></td>
<td>Indication: Treatment of acne vulgaris</td>
<td></td>
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<tr>
<td></td>
<td>Maximum daily dose: Apply to affected areas twice daily</td>
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<tr>
<td></td>
<td>Maximum supply: 30g for gel</td>
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<td></td>
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<tr>
<td>Famotidine</td>
<td>As an oral preparation</td>
<td>17 Jan 2000</td>
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<tr>
<td></td>
<td>Indications: Short-term relief of heartburn, dyspepsia and hyperacidity.</td>
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<tr>
<td></td>
<td>Maximum Daily Dose: 20 mg</td>
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<tr>
<td></td>
<td>Maximum Supply: Up to 2 weeks’ duration</td>
<td></td>
</tr>
<tr>
<td>Fexofenadine</td>
<td>*POM exemptions do not apply to products classified as P or GSL</td>
<td>1 July 2013</td>
</tr>
<tr>
<td></td>
<td>As an oral solid preparation containing not more than 180mg</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Indication: For the symptomatic treatment of allergic rhinitis and chronic</td>
<td></td>
</tr>
<tr>
<td></td>
<td>idiopathic urticaria</td>
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<tr>
<td></td>
<td>Maximum daily dose: 180mg</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Maximum supply: 10 tablets</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Minimum age: 12 years</td>
<td></td>
</tr>
<tr>
<td>Fluconazole</td>
<td>As an oral solid preparation containing 150mg</td>
<td>1 Jan 2013</td>
</tr>
<tr>
<td></td>
<td>Indications: Vaginal Candidiasis</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Maximum daily dose: 150mg</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Maximum supply: 1 tablet</td>
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<tr>
<td></td>
<td>Min age: 16 years. Not recommended in adults older than 60 years of age.</td>
<td></td>
</tr>
</tbody>
</table>
| **Ibuprofen**  
| *POM exemptions do not apply to products classified as P or GSL |
| As an oral solid preparation containing not more than 200mg |
| Indications: Relief of headache, menstrual pain, backache, muscular and arthritic pain, toothache, and the aches of cold and flu and reduction of fever. |
| Maximum daily dose: 1.2g |
| Maximum Supply: 10 days. The lowest effective dose should be used for the shortest duration necessary to relieve symptoms. |
| Minimum age: 12 years |
| As an oral liquid preparation not more than 100mg/5ml |
| Indications: Reduction of fever, including post-immunisation pyrexia, and relief of mild to moderate pain such as sore throat, teething pain and toothache, earache, minor aches and sprains |
| Maximum Daily Dose: |
| 30 mg/kg, up to a maximum of 1.2g |
| Maximum Supply: 3 days. The lowest effective dose should be used for the shortest duration necessary to relieve symptoms |
| Minimum age: 6 months |

| **Ketotifen** |
| As an eye drop not exceeding 0.25mg/ml |
| Indications: For the short-term treatment of symptoms of allergic conjunctivitis (e.g. itchy or watery eyes) |
| Dosing regimen: Adults, elderly and children (age 3 and older): One drop into the affected eye (s) twice daily (in the morning and evening) |
| Maximum daily dose: 2 drops per affected eye |
| Maximum supply: 10ml |
| Minimum age: 3 years |

| **Levocetirizine** |
| As an oral solid preparation containing not more than 5mg |
| Indications: For the symptomatic treatment of allergic |

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1 Jul 2012

1 Jan 2012

1 July 2012
| **Rhinitis and chronic idiopathic urticaria.** | rhinitis and chronic idiopathic urticaria.  
Maximum daily dose: 5mg  
Maximum supply: 10 tablets  
Min age: 12 years  
As an oral liquid preparation containing not more than 5mg/ml  
Indications: As above  
Maximum daily dose: As above  
Maximum supply: 1 bottle  
Min age: As above |
|------------------------------------------|--------------------------------------------------|
| **Olopatadine** - 0.1% - 0.2% | As an eyedrop not exceeding 0.2%  
Indication: Short-term treatment of symptoms of allergic conjunctivitis  
Maximum daily dose:  
0.1%: One drop in each affected eye two times per day  
0.2%: One drop in each affected eye once a day  
Maximum supply:  
0.1%: 5ml  
0.2%: 2.5ml  
Minimum age: 3 years |
| **Omeprazole** | As an oral solid preparation not more than 20mg  
Indication: For the relief of heartburn symptoms associated with acid reflux  
Dosing regimen: The initial starting dose is 20mg daily. When symptoms improve the dose can then be reduced to 10mg daily, returning to 20mg daily if symptoms return. The lowest effective daily dose should always be used.  
Maximum dose: 20mg daily  
Maximum supply: 14 days  
Minimum age: 18 years |
<p>| <strong>1 Dec 2016</strong> | <strong>30 Sep 2009</strong> |</p>
<table>
<thead>
<tr>
<th><strong>Mometasone furoate</strong></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>- <strong>Topical</strong></td>
<td>As a topical preparation as a single agent not exceeding 0.1%</td>
<td></td>
</tr>
<tr>
<td>- <strong>Intranasal spray</strong></td>
<td>Indication: Symptomatic relief of inflammatory skin or scalp disorders such as dermatitis and eczema.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Maximum daily dose: Apply to the affected areas once daily</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Maximum supply: 15g for cream/ointment/gel 30ml for topical solution</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Minimum age: 18 years</td>
<td></td>
</tr>
<tr>
<td></td>
<td>As an intranasal spray not exceeding 50mcg/actuation</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Indication: Prevention and treatment of allergic rhinitis</td>
<td>31 March 2016</td>
</tr>
<tr>
<td></td>
<td>Maximum daily dose: 200mcg</td>
<td>1 Dec 2016</td>
</tr>
<tr>
<td></td>
<td>Maximum supply: 3 months</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Minimum age: 18 years</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Nystatin</strong></th>
<th>As an oral liquid preparation containing not more than 100,000 units per ml</th>
<th>1 April 2015</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Indication: Treatment of oral candidiasis</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Maximum daily dose:</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Infants and children 6 months and older: 400,000 units</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Adults: 2.4 million units</td>
<td></td>
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<tr>
<td></td>
<td>Maximum supply: 2 weeks</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Minimum age: 6 months</td>
<td></td>
</tr>
</tbody>
</table>
| **Pantoprazole** | As an oral preparation containing not more than 20mg  
Indication: For the relief of heartburn symptoms associated with acid reflux  
Maximum daily dose: 20mg  
Maximum supply: 14 days  
Minimum age: 18 years | 1 Jan 2014 |
| --- | --- | --- |
| **Ranitidine** | As an oral preparation  
Indications: Short-term relief of heartburn, dyspepsia and hyperacidity.  
Maximum Daily Dose: 300 mg  
Maximum Supply: 2 weeks' duration | 17 Jan 2000 |
| **Ruscogenins and trimebutine** | As a rectal cream not exceeding 0.5g/5.8g per 100g  
Indication: For the symptomatic relief of external and internal haemorrhoids, anal pruritis, anal fissure  
Maximum daily dose: One or two applications per day  
Maximum supply: 20g  
Minimum age: 18 years  
As suppositories not exceeding 10mg/120mg  
Indication: For the symptomatic relief of external and internal haemorrhoids, anal pruritis, anal fissure  
Maximum daily dose: One to two suppositories per day  
Maximum supply: 10 suppositories  
Minimum age: 18 years | 1 Dec 2016 |
| Triamcinolone acetonide | | | |
|------------------------|--|---|
| - Paste | As a topical paste containing not more than 0.1% | **1 July 2011** |
| - Intranasal spray | Indication: For the treatment of mouth ulcers | |
| - Topical | As an intranasal spray containing not more than 55 mcg/actuation | **1 July 2012** |
| | Indication: Prevention and treatment of allergic rhinitis | |
| | Maximum daily dose: 220 mcg | |
| | Maximum supply: 3 months | |
| | Minimum age: 18 years | |
| | As a topical preparation as a single agent not exceeding 0.1% | **31 March 2016** |
| | Indication: Symptomatic relief of inflammatory skin or scalp disorders such as dermatitis and eczema. | |
| | Maximum daily dose: Apply to the affected area twice daily | |
| | Maximum supply: 15g for cream/ointment/gel 30ml for topical solution | |
| | Minimum age: 18 years | |