

POMs with exemptions for supply without prescription

Click [here](#) for the list of PSS PILs for each active ingredient.

Active ingredient	Exemptions for supply of POM without prescription	Effective date
Acyclovir	<u>As a dermatological preparation not exceeding 5%</u> Indication: Treatment of cold sore Maximum Supply: 2 g	17 Jan 2000
Adapalene	<u>As a topical preparation not exceeding 0.1%</u> Indication: Treatment of acne vulgaris Maximum daily dose: Apply to affected areas once daily Maximum supply: 30g Minimum age: 12 years	31 Mar 2016
Alcaftadine	<u>As eyedrops not exceeding 0.25%</u> Indication: Prevention of itching associated with allergic conjunctivitis Maximum daily dose: One drop into affected eye once daily Maximum supply: 3ml Minimum age: 3 years	1 June 2017
Ambroxol	<u>As an oral solid preparation containing not more than 30mg</u> Indication: To clear the chest by thinning the mucus in air passages <u>As an oral liquid preparation containing not more than 30mg/5ml</u> Indication: To clear the chest by thinning the mucus in air passages	1 July 2011

Atovaquone/Proguanil HCl	<p><u>As an oral solid preparation containing Atovaquone and Proguanil HCl 250mg/100mg</u></p> <p>Indication: Malaria prophylaxis</p> <p>Official guidelines and local information on the prevalence of resistance to antimalarial drugs should be taken into consideration in the selection of chemoprophylaxis of malaria.</p> <p>Maximum daily dose: One 250mg atovaquone/100mg proguanil tablet daily</p> <p>Maximum supply: Max supply is determined by the duration of travel. Prophylaxis should start 1 to 2 days before entering a malaria-endemic area, and be continued daily until 7 days after leaving the area</p> <p>Minimum age: Adults 18 years and above, with body weight of at least 40kg.</p>	1 Feb 2018
Azelaic acid	<p><u>As a topical preparation containing 20% w/w</u></p> <p>Indications: Mild to Moderate Acne Vulgaris</p> <p>Maximum daily dose: Apply to the affected area twice daily</p> <p>Maximum supply: 30g</p> <p>Minimum age: 12 years</p>	1 July 2012
Beclomethasone	<p><u>As a nasal spray</u></p> <p>Indication: Prevention and treatment of allergic rhinitis.</p> <p>Maximum Daily Dose: 200 mcg/nostril</p> <p>Maximum Supply: Up to 3 months' duration.</p> <p>Minimum Age: 18 years</p>	17 Jan 2000
Betamethasone	<p><u>As a topical preparation (as valerate or dipropionate salt) as a single agent not exceeding 0.1%</u></p> <p>Indications: Symptomatic relief of inflammatory skin or scalp disorders such as dermatitis and eczema.</p> <p>Maximum Daily Dose: Apply to the affected areas twice daily</p> <p>Maximum Supply: 15g for cream/ointment/gel 30ml for topical solution</p> <p>Minimum age: 18 years</p>	31 Mar 2016

Bromhexine	<p><u>As an oral solid preparation containing not more than 8mg</u></p> <p>Indication: To clear the chest by thinning the mucus in air passages</p> <p><u>As an oral liquid preparation containing not more than 4mg/5ml</u></p> <p>Indication: To clear the chest by thinning the mucus in air passages</p>	1 July 2011
Budesonide	<p><u>As a nasal spray</u></p> <p>Indication: Prevention and treatment of allergic rhinitis.</p> <p>Maximum Daily Dose: 200 mcg/nostril</p> <p>Maximum Supply: Up to 3 months' duration.</p> <p>Minimum Age: 18 years</p>	19 Nov 2002
Cimetidine	<p><u>As an oral preparation</u></p> <p>Indications:</p> <p>(a) Short-term relief of heartburn, dyspepsia and hyperacidity and</p> <p>(b) Prophylactic management of nocturnal heartburn.</p> <p>Maximum Daily Dose: (a) 200 mg and (b) 100 mg (as a single night-time dose).</p> <p>Maximum Supply: Up to 2 weeks' duration</p>	10 Nov 1995
Clindamycin	<p><u>As a topical preparation not exceeding 1%</u></p> <p>Indication: Treatment of acne vulgaris</p> <p>Maximum daily dose: Apply to affected areas twice daily*</p> <p><i>*Once daily for fixed combination products containing topical clindamycin not exceeding 1% and benzoyl peroxide</i></p> <p>Maximum supply: 30g for gel 30ml for topical solution/lotion</p> <p>Minimum age: 12 years</p>	31 Mar 2016
<u>Desloratadine</u>	<p><u>As an oral solid preparation containing not more than 5mg</u></p> <p>Indications: For relief of symptoms associated with allergic rhinitis and urticaria</p>	1 July 2011

	<p>Dosing regimen: Adults and adolescents 12 years and older: 5mg daily</p> <p>Maximum daily dose: 5mg</p> <p>Maximum supply: 2 weeks</p> <p>Minimum age: 12 years</p> <p><u>As an oral liquid preparation containing not more than 0.5mg/ml</u></p> <p>Indications: For relief of symptoms associated with allergic rhinitis and urticaria</p> <p>Dosing regimen:</p> <p>12 years and above: 5mg once daily 6-11 years: 2.5 mg once daily 2-5 years: 1.25 mg once daily</p> <p>Maximum daily dose: 12 years and above: 5mg 6-11 years: 2.5 mg 2-5 years: 1.25 mg</p> <p>Maximum supply: 2 weeks</p> <p>Minimum age: 2 years</p>	
<p>Desloratadine/ Pseudoephedrine</p>	<p><u>As a modified release oral solid dosage form containing desloratadine 2.5mg and pseudoephedrine 120mg</u></p> <p>Indications: For the relief of symptoms associated with allergic rhinitis including nasal congestion, sneezing, runny nose, itching of the nose and/or eyes</p> <p>It should be administered when both the antihistaminic properties of desloratadine and the decongestant effect of pseudoephedrine are required.</p> <p>Dosing regimen: 1 tablet twice daily</p> <p>Maximum daily dose: 2 tablets</p> <p>Maximum supply: 10 tablets</p> <p>Minimum age: 12 years</p>	<p>1 Jan 2012</p>

Desonide	<p><u>As a topical cream or lotion preparation containing not more than 0.05% w/w</u></p> <p>Indication: Treatment of redness, swelling and itching that is associated with minor skin ailments such as eczema.</p> <p>Maximum daily dose: 2 to 3 times daily depending on severity.</p> <p>Maximum supply: 15 g (cream) or 60 ml (lotion)</p> <p>Minimum age: 18 years</p>	1 Jan 2013
Domperidone	<p><u>As an oral solid preparation containing not more than 10mg or an oral liquid preparation containing not more than 1mg/ml</u></p> <p>Indications: Relief of postprandial symptoms of excessive fullness, nausea, epigastric bloating and belching occasionally accompanied by epigastric discomfort and heartburn.</p> <p>Maximum Daily Dose: 30 mg</p> <p>Maximum supply: 14 days</p> <p>Minimum age: 12 years</p>	1 July 2012
Emedastine	<p><u>As eyedrops not exceeding 0.05%</u></p> <p>Indication: Short-term treatment of signs and symptoms of allergic conjunctivitis</p> <p>Maximum daily dose: One drop into the affected eye twice daily</p> <p>Maximum supply: 5ml</p> <p>Minimum age: 3 years</p>	1 June 2017
Esomeprazole	<p><u>As an oral solid preparation not exceeding 20mg</u></p> <p>Indication: Relief of heartburn symptoms associated with acid reflux</p> <p>Maximum daily dose: 20mg</p> <p>Maximum supply: 2 weeks</p> <p>Minimum age: 18 years</p>	1 Dec 2016

Fluticasone Furoate	<p><u>As an intranasal spray not exceeding 27.5 mcg/actuation</u></p> <p>Indication: Prevention and treatment of allergic rhinitis</p> <p>Maximum daily dose: 110 mcg</p> <p>Maximum supply: 3 months</p> <p>Minimum age: 18 years</p>	<p>1 June 2017</p>
Ibuprofen	<p><u>As an oral solid preparation containing not more than 200mg</u></p> <p>Indications: Relief of headache, menstrual pain, backache, muscular and arthritic pain, toothache, and the aches of cold and flu and reduction of fever.</p> <p>Maximum daily dose: 1.2g</p> <p>Maximum Supply: 10 days. The lowest effective dose should be used for the shortest duration necessary to relieve symptoms.</p> <p>Minimum age: 12 years</p> <p><u>As an oral liquid preparation not more than 100mg/5ml</u></p> <p>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</p> <p>Maximum Daily Dose:</p> <p>30 mg/kg, up to a maximum of 1.2g</p> <p>Maximum Supply: 3 days. The lowest effective dose should be used for the shortest duration necessary to relieve symptoms</p> <p>Minimum age: 6 months</p>	<p>1 Jul 2012</p>
Ketotifen	<p><u>As an eye drop not exceeding 0.25mg/ml</u></p> <p>Indication: For the short-term treatment of symptoms of allergic conjunctivitis (e.g. itchy or watery eyes)</p> <p>Dosing regimen:</p> <p>Adults, elderly and children (age 3 and older): One drop into the affected eye (s) twice daily (in the morning and evening)</p>	<p>1 Jan 2012</p>

	<p>Maximum daily dose: 2 drops per affected eye</p> <p>Maximum supply: 10ml</p> <p>Minimum age: 3 years</p> <p><u>As an oral solid preparation not exceeding 2mg</u></p> <p>Indications: Symptomatic treatment of allergic rhinitis and chronic urticaria</p> <p>Maximum daily dose: 2mg</p> <p>Maximum supply: 10 days</p> <p>Minimum age: 3 years</p> <p><u>As an oral liquid preparation not exceeding 1mg/5ml</u></p> <p>Indications: Symptomatic treatment of allergic rhinitis and chronic urticaria</p> <p>Maximum daily dose: 2mg</p> <p>Maximum supply: 120ml</p> <p>Minimum age: 3 years</p>	<p>1 June 2017</p> <p>1 June 2017</p>
Levocetirizine	<p><u>As an oral solid preparation containing not more than 5mg</u></p> <p>Indications: For the symptomatic treatment of allergic rhinitis and chronic idiopathic urticaria.</p> <p>Maximum daily dose: 5mg</p> <p>Maximum supply: 10 tablets</p> <p>Min age: 12 years</p> <p><u>As an oral liquid preparation containing not more than 5mg/ml</u></p> <p>Indications: As above</p> <p>Maximum daily dose: As above</p> <p>Maximum supply: 1 bottle</p> <p>Min age: As above</p>	<p>1 July 2012</p>
Olopatadine	<p><u>As an eyedrop not exceeding 0.2%</u></p> <p>Indication: Short-term treatment of symptoms of allergic conjunctivitis</p>	<p>1 Dec 2016</p>

	<p>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</p> <p>Maximum supply: 0.1%: 5ml 0.2%: 2.5ml</p> <p>Minimum age: 3 years</p>	
Omeprazole	<p><u>As an oral solid preparation not more than 20mg</u></p> <p>Indication: For the relief of heartburn symptoms associated with acid reflux</p> <p>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.</p> <p>Maximum dose: 20mg daily</p> <p>Maximum supply: 14 days</p> <p>Minimum age: 18 years</p>	30 Sep 2009
Mometasone furoate	<p><u>As a topical preparation as a single agent not exceeding 0.1%</u></p> <p>Indications: Symptomatic relief of inflammatory skin or scalp disorders such as dermatitis and eczema.</p> <p>Maximum daily dose: Apply to the affected areas once daily</p> <p>Maximum supply: 15g for cream/ointment/gel 30ml for topical solution</p> <p>Minimum age: 18 years</p> <p><u>As an intranasal spray not exceeding 50mcg/actuation</u></p> <p>Indication: Prevention and treatment of allergic rhinitis</p> <p>Maximum daily dose: 200mcg</p> <p>Maximum supply: 3 months</p> <p>Minimum age: 18 years</p>	<p>31 March 2016</p> <p>1 Dec 2016</p>

Nystatin	<p><u>As an oral liquid preparation containing not more than 100,000 units per ml</u></p> <p>Indication: Treatment of oral candidiasis</p> <p>Maximum daily dose: Infants and children 6 months and older: 400,000 units Adults: 2.4 million units</p> <p>Maximum supply: 2 weeks</p> <p>Minimum age: 6 months</p>	1 April 2015
Pantoprazole	<p><u>As an oral preparation containing not more than 20mg</u></p> <p>Indication: For the relief of heartburn symptoms associated with acid reflux</p> <p>Maximum daily dose: 20mg</p> <p>Maximum supply: 14 days</p> <p>Minimum age: 18 years</p>	1 Jan 2014
Ranitidine	<p><u>As an oral preparation</u></p> <p>Indications: Short-term relief of heartburn, dyspepsia and hyperacidity.</p> <p>Maximum Daily Dose: 300 mg</p> <p>Maximum Supply: 2 weeks' duration</p>	17 Jan 2000
Ruscogenins and trimebutine	<p><u>As a rectal cream not exceeding 0.5g/5.8g per 100g</u></p> <p>Indications: For the symptomatic relief of external and internal haemorrhoids, anal pruritis, anal fissure</p> <p>Maximum daily dose: One or two applications per day</p> <p>Maximum supply: 20g</p> <p>Minimum age: 18 years</p> <p><u>As suppositories not exceeding 10mg/120mg</u></p> <p>Indication: For the symptomatic relief of external</p>	1 Dec 2016

	<p>and internal haemorrhoids, anal pruritis, anal fissure</p> <p>Maximum daily dose: One to two suppositories per day</p> <p>Maximum supply: 10 suppositories</p> <p>Minimum age: 18 years</p>	
Triamcinolone acetonide	<p><u>As a topical paste/lotion containing not more than 0.1%</u></p> <p>Indication: For the treatment of mouth ulcers</p> <p><u>As an intranasal spray containing not more than 55 mcg/actuation</u></p> <p>Indication: Prevention and treatment of allergic rhinitis</p> <p>Maximum daily dose: 220 mcg</p> <p>Maximum supply: 3 months</p> <p>Minimum age: 18 years</p> <p><u>As a topical preparation as a single agent not exceeding 0.1%</u></p> <p>Indication: Symptomatic relief of inflammatory skin or scalp disorders such as dermatitis and eczema.</p> <p>Maximum daily dose: Apply to the affected area twice daily</p> <p>Maximum supply: 15g for cream/ointment/gel 30ml for topical solution</p> <p>Minimum age: 18 years</p>	<p>1 July 2011 (paste) 1 June 2017 (lotion)</p> <p>1 July 2012</p> <p>31 March 2016</p>