

Have a Sore Throat or Tonsillitis?

This Pharmacy Can Help You

- Discuss your symptoms with a Pharmacist and get expert advice.
- Get a clinical assessment to find out if it's a viral or bacterial infection (this may include a throat swab if necessary).
- Get the right treatment for you, including antibiotics and pain relief when needed.
- Free NHS service.

Ask at the counter for more information

What is the Sore Throat Test and Treat Service?

Sore Throat Test and Treat is a service now offered in certain Pharmacies. It allows the Pharmacist to assess your symptoms and where appropriate, swab your throat. This test will tell the Pharmacist if the infection is bacterial or viral.

Will I Get a Throat Swab?

The Pharmacist will ask you some questions to decide if you need a throat swab and complete a clinical assessment. Not everyone will need a throat swab and if your answers suggest it's likely a viral infection, a swab may not be necessary. If a swab is required, you will need to wait a few minutes to get your results.

What Happens if I Get a Positive Test?

A positive test means your sore throat is likely caused by a bacterial infection however this does not always mean antibiotics are needed and it may be suitable to manage with painkillers and advice alone, depending on your symptoms.

The Pharmacist will discuss with you the options around managing your sore throat.

When Will I Get Better?

Sore throat (viral or bacterial) in most cases will resolve on its own. 40% of cases will resolve within 3 days and 85% of cases will resolve within 1 week without treatment.

Will Antibiotics Help my Sore Throat?

Most sore throats are caused by viral infections. If this is the case antibiotics won't help you get better any faster, but you might still get side effects. Having antibiotics when you don't need them can also increase your chance of developing resistance which means they might not work as well when you need them. This is why it's important the Pharmacist checks if you do need them.

Who is NOT Suitable for This Service?

Children under the age of 6 years old.

People with persistent symptoms that haven't improved after 1 week.

People with a weakened immune system.

A high temperature not controlled with paracetamol or ibuprofen.

People with certain medical conditions.

People who have had 5 or more episodes in the last year.

If you're not sure just ask a member of the Pharmacy team and they should be able to let you know if you are suitable. Most people with sore throat symptoms will be suitable for the service.

The Pharmacist will refer you to your GP if you meet the above criteria or they think you may have a more serious condition.