

# ARDGOWAN MEDICAL PRACTICE



## Newsletter – December 2016



### Flu vaccinations

If you have received an invitation for your flu vaccination and have not had this carried out yet, please speak to the receptionist who will organise an appointment for you today. Alternatively if you have an appointment with the doctor or practice nurse they will be happy to administer this for you.

Please remember if your child is age 2-5 and not had their immunisation please arrange today.



### Drop in blood clinic

Remember if the doctor has asked you to attend the blood clinic it runs on Monday to Friday from 9am to 10am. Remember – No need to make an appointment!



### Online ordering of repeat prescriptions

The practice now offers patients the opportunity of ordering repeat medication online. If you would like to register for this please discuss today with a member of staff.



### Repeat prescription answer machine

This is available 24 hours a day – 365 days of the year. If you remember at night time or the weekend you can telephone the prescription line on **888688** and leave details of your prescription the staff will process this during working hours. Please remember collection of repeat prescriptions is 48 working hours from the surgery and 72 hours working hours from a chemist.



### Change of address/name/telephone number

If you have changed your contact details recently please inform the reception staff who will update your medical records.



### Pharmacist

**WE HOPE YOU FIND THIS INFORMATION USEFUL AND WOULD LIKE TO WISH ALL OUR PATIENTS A MERRY CHRISTMAS AND HEALTHY NEW YEAR.**

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The practice now has attached pharmacists working with the practice daily. They assist the GP's with medication requests and may contact you with any queries regarding medication.

### **DID YOU KNOW** –

**Your GP does not always need to be your first point of contact?**



### **Dental Problems**

Please contact your dentist if you have any problems with your teeth and gums.



### **Eye Conditions**

Contact your local opticians who can help you with any concerns about your eyes or infections.



### **Physiotherapy – self refer**

Are you suffering from a musculoskeletal problem? Sprain and strains, stiff joints, back problem, recent muscle injury? If so please ask the reception staff at the surgery or any local physiotherapy department for a form today.



### **Chiropody – self refer**

Problems with your feet – please telephone Chiropody at Greenock Health Centre on: **501208**



### **Mental Health – self refer**

Stressed, Depressed, anxious, having adjustment issues? Could Inverclyde Primary Care Mental Health service help? Please call: **558000**

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### MINOR AILMENTS

All local pharmacies will be able to give advice and free treatment on the following conditions. This is currently available to anyone who does not pay for repeat prescriptions however from January 2017 this will be free to everyone.

**Acne**

**Athlete's foot**

**Back ache**

**Cold sores**

**Constipation**

**Cough**

**Diarrhoea**

**Ear ache**

**Eczema and allergies**

**Emergency Contraception**

**Haemorrhoids (piles)**

**Hay fever**

**Headache**

**Head lice**

**Indigestion**

**Mouth ulcers**

**Nasal congestion**

**Pain**

**Period pain**

**Thrush**

**Sore throat**

**Threadworms**

**Warts and verrucae**

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