

ARDGOWAN MEDICAL PRACTICE

Newsletter – Spring 2017



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 or visit <https://ardgowan.gpsurgery.net/>

Online appointments

The practice now offers the facility to make appointments online , for patients who are registered with the practice. This is only for routine appointments , and available for appointments a maximum of one week in advance. Visit <https://ardgowan.gpsurgery.net/>



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.



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

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.

DNA (Did Not Attend)

Every day , many appointments with the Doctors and Practice Nurses are lost when patients do not attend for their appointment.

If you no longer require your appointment **please contact the reception staff** to cancel, as it will make the appointment available to someone else who may need it.

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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. Or for further advice, visit www.NHSINFORM.SCOT



Chiropody – self refer

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

PHARMACY FIRST (previously known as minor ailments scheme)

This is available to ALL Inverclyde residents registered with a local practice. All local pharmacies will be able to give advice and free treatment on the following conditions.

Acne	Ear ache	Mouth ulcers
Athlete's foot	Eczema and allergies	Nasal congestion
Back ache	Haemorrhoids (piles)	Pain
Cold sores	Hay fever	Period pain
Constipation	Headache	Thrush
Cough	Head lice	Sore throat
Diarrhoea	Indigestion	Threadworms
Emergency Contraception		Warts and verrucae
Cystitis (women 16-65)	Impetigo	Shingles

Remember , your local pharmacist should be your first contact for smoking cessation advice.

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