



REFERRAL TO LOCAL PHARMACY - NO PRESCRIPTION REQUIRED

You have a common condition that can be treated with a medication that is available to buy over the counter from your local pharmacy.

You do not need to make an appointment to speak to the pharmacist, just pop in anytime and they will be happy to help you.

Ask the pharmacist for help and advice on the most appropriate medication to relieve your symptoms for:

coughs and colds	aches and pains
sore throat	teething
hayfever and allergies	Dandruff
skin rashes	travel sickness
heartburn and indigestion	threadworm
upset stomach	head lice
diarrhoea	Ear wax drops (olive oil as good)
constipation	athlete's foot
colic	cold sores
Piles (haemorrhoids)	fungal skin infections - ringworm
headache and migraine	fungal nail infections
toothache	Vitamins not clinically required
Mild dry skin	Other - please indicate below

If at any time you are concerned about your condition or if your symptoms are not improving after a few days of treatment with the over the counter medications you should contact the local pharmacist or the surgery for more advice.

Please contact the surgery for further advice on 01278 444666

For more information visit

<http://www.nhs.uk/Livewell/Pharmacy/Pages/Commonconditions.aspx>

Reception: 444666

Prescriptions: 446006

www.eastquaymedicalcentre.com

Onsite Opticians : 440440 Onsite Pharmacy: 423015 Onsite Dentist: 411141

Is your medicine cabinet fit for the winter?

Most common winter ailments, such as colds, sore throat, cough, sinusitis or painful middle ear infection (earache) can't be treated with antibiotics.

What works instead?

Rest, drink plenty of fluids, take pain relievers, such as paracetamol or ibuprofen, and talk to your pharmacist for advice on getting the relief you need.

How long can I expect to suffer?

Middle ear infection-4 days

Sore throat-1 week

Cold-1.5 weeks

Sinusitis-2.5 weeks

Cough-3 weeks

What should I do now?

Ask your pharmacist what medicines should be in your cabinet to help get you and your family through the winter season.

Where can I get more information?

Visit www.treatyourselfbetter.co.uk for more information on how to treat yourself without antibiotics.



Repeat Prescriptions for the Christmas Period

Please ensure you order your repeat prescription by 12 December to make sure you have your medication to cover Christmas and the New Year period.

Please remember this is a very busy time of year for both the surgery and the pharmacies so there may be a longer wait than usual to get your prescription

Thank you

Please remember that our receptionists are people too...

Our receptionists are here to help you and have to work under the instructions set out by the Doctors. We all work hard to provide good quality care and access to our team.

This is very challenging in the NHS today where demand and need is really high and resources are more limited than ever before.

So, please don't take your frustrations out on our receptionists - they really are doing their best.

...and treat them as you would like to be treated.

Merry Christmas and a very Happy New Year to all our Patients from the Doctors and Staff at East Quay