**WALLASEY MEDICAL CENTRE**

**1 Wallasey Crescent, Ickenham, Middlesex UB10 8SA**

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**Dr Kitur P Patel**

**GP appointments**

When thinking about making an appointment at the surgery, some knowledge and forward planning can ensure that you see the doctor at your convenience.

If you would like to see a doctor, you'll usually need to make an appointment. Our GP’s have their own booking routines, with a mixture of routine appointments, telephone consultations and emergency appointments per day.

The surgery is able to offer you an appointment to see a GP or other healthcare professional quickly, if necessary. However, if it is more convenient, you can book appointments 2-3 weeks in advance.

Familiarise yourself with the GP surgery’s appointment system, and try to plan in advance if you can.

**Don’t forget your local pharmacy…**

Before you make an appointment to see your GP, consider the alternatives. The pharmacist behind the counter at your local chemist may be able to give you the help you need, so you won't have to spend time waiting for an appointment. Pharmacists are highly trained health professionals, and may offer a wider range of health services than you might think. Pharmacists can help with:

* Mild skin conditions, such as [acne](http://www.nhs.uk/conditions/acne/Pages/Introduction.aspx) and [eczema](http://www.nhs.uk/conditions/eczema-(atopic)/pages/introduction.aspx)
* Coughs and [colds](http://www.nhs.uk/livewell/coldsandflu/pages/coldsandfluhome.aspx), including nasal congestion and sore throats
* Minor cuts and bruises
* Constipation and [haemorrhoids (piles)](http://www.nhs.uk/conditions/haemorrhoids/Pages/What-is-it-page.aspx)
* Hayfever and [allergies](http://www.nhs.uk/conditions/allergies/pages/introduction.aspx)
* Aches and pains, such as [headaches](http://www.nhs.uk/conditions/headache/pages/introduction.aspx), earache and backache
* Indigestion, [diarrhoea](http://www.nhs.uk/conditions/diarrhoea/pages/introduction.aspx) and threadworms
* [Period pain](http://www.nhs.uk/conditions/periods-painful/pages/introduction.aspx) and thrush
* [Warts, verrucas](http://www.nhs.uk/conditions/warts/pages/prevention.aspx), mouth ulcers and cold sores
* [Athlete's foot](http://www.nhs.uk/conditions/athletes-foot/Pages/Introduction.aspx)
* [Nappy rash](http://www.nhs.uk/Conditions/Nappy-rash/Pages/Introduction-OLD.aspx) and teething
* Some pharmacies can provide truss fittings, stoma products and incontinence supplies
* [Emergency contraception](http://www.nhs.uk/conditions/emergency-contraception/pages/introduction.aspx) (the morning-after pill)
* Needle and syringe exchange services
* [Pregnancy tests](http://www.nhs.uk/planners/pregnancycareplanner/pages/pregnancy-test.aspx). Most pharmacies can provide pregnancy test kits, and some have a private area where you can use the kit
* [NHS stop-smoking courses](http://www.nhs.uk/Livewell/smoking/Pages/Gethelp.aspx)

http://www.nhs.uk/choiceintheNHS/Yourchoices/GPchoice/PublishingImages/Tip_C.jpgMany pharmacies offer a [Medicines Use Review](http://www.nhs.uk/NHSEngland/AboutNHSservices/pharmacists/Pages/pharmacistsandchemists.aspx) (MUR). This is a detailed review of the medicines that you take. It’s especially useful for people who take a number of medicines, and leads to better alternatives being prescribed. Ask your pharmacist for more details.

**Emergency Appointments**

In the event of sudden onset of your illness, you can be treated as an emergency patient by making an appointment to see the Doctor up to 4 hours in advance.

You may not be able to see a doctor of your choice.

**Do you need an Emergency Appointment?**

It will help considerably if you can observe the following when seeking an appointment as an emergency:

The following conditions and requests **DO NOT** require an emergency appointment:

|  |
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| **Non-Urgent Conditions:** |
| Ongoing, stable conditions. |
| Repeat prescription requests. |
| Sickness certificate requests. |
| Routine test requests. |

**The following are a few examples of conditions that you might request an emergency appointment for:**

|  |  |
| --- | --- |
| **Urgent Conditions:** | |
| Chest Pains. | Breathlessness. |
| Wheezing. | Earache. |
| Bleeding. | Painful Eyes. |
| Blackouts. | Stomach Pains. |
| Any severe pain. |  |

**Please remember that you can also ask to speak to the GP via a telephone consultation at the end of morning surgery or the beginning of evening surgery, where advice can be given to help with urgent conditions.**