

# De Montfort surgery

Monthly newsletter | September 2019

## Latest News

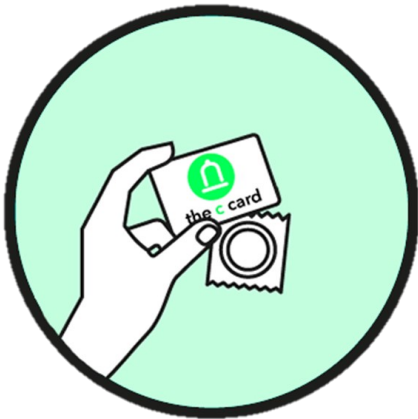
Prospective students, up to the age of 25, who are attending university for the first time and not received the MenACWY since their 10th birthday should receive this vaccination.

The vaccinations should be offered before they enrol or as soon as possible thereafter, ideally at least two weeks before attending university to ensure timely protection.



# Student edition

## The C-Card



For a full list of places you can collect your C-Card packs other than the surgery, visit the C-Card website:

[WWW.LeicesterSexualHealth.nhs.uk/C-Card](http://WWW.LeicesterSexualHealth.nhs.uk/C-Card)

### What is it?

It is a card that gives anyone quick and easy access to free condoms from a range of venues! It is a confidential service which also offers information and advice about sexual health and relationships.

### Where can I use it?

You can take your card to get free condoms anywhere that advertises the C-Card logo. This includes some: GP practices, pharmacies and sexual health centres.

### How do I sign up?

Signing up is quick and simple. You can sign up at any of the locations that you use to obtain the C-Card. You will be asked to fill out a short form including your age, postcode etc. All the information is confidential and will not be passed onto anyone else!

demontfortsurgery@leics.nhs.uk | T 0116 222 7272 | F 0116 295 4090 | 100 Mill Lane Leicester LE2 7HX

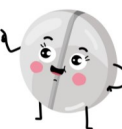


# How to continue repeat medications when changing doctors surgery

When registering with a new GP practice your repeat medications from a previous practice will not automatically be transferred to us. You will need to be seen by a relevant clinician at the surgery in order for this medication to be continued.

This includes inhalers, contraceptives and any other regularly prescribed medications.

For any more information about the surgery or anything mentioned in this months issue speak to one of our receptionist or visit our website.



We do this to ensure we are prescribing safely for you and doing all the relevant checks needed for the medication. Please speak to one of our receptionists if you are on any medication you are likely to run out while registered with us or if you are unsure about the reviews you may need.

For any contraceptives our nurses run specific contraception clinics that are solely booked in advance. Please contact the surgery when you have at least a month left of your medication in order for us to book you an appointment before you run out.

## When to use the pharmacy?

For a range of short-term, minor health concerns your GP, ANP, nurse or pharmacist may not give you a prescription. Instead, over the counter medications are available to buy in a pharmacy or possibly a supermarket. Qualified healthcare professionals at your local pharmacy can offer clinical advice to safely and effectively manage many minor health concern. This list includes, but is not extensive to:

Acute sore throat | Conjunctivitis | coughs, cold and nasal congestion | cradle cap | dandruff | diarrhoea (adults) | dry eyes/ sore tired eyes | Ear wax | excessive sweating | haemorrhoids | head lice | indigestion and heart burn | mild cystitis | sunburn | travel sickness | mild to moderate hay fever | infant colic | infrequent cold sores of the lip | infrequent constipation | infrequent migraines | insect bites and stings | mild acne | minor burns and scalds | mild dry skin | nappy rash



For a more extensive list please speak to one of our receptionists or alternatively speak to your local pharmacy!

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