

Vomiting

In adults and older children, once vomiting starts, stop all solid food and take frequent small amounts of clear fluid such as water or fruit juice preferably at room temperature. If it persists for more than 24 hours consult your doctor. If your baby vomits more than once or twice or is generally unwell please consult your doctor.

Indigestion

Most attacks of indigestion are due to dietary indiscretion. There is a whole host of antacids available from both your pharmacist and supermarket. If symptoms persist consult your doctor.

Nosebleeds

Sit forward pinching the soft part of the nose. You may well have to do this for 10 – 15 minutes for the bleeding to stop. It will seem a long time to pinch a nose but if you are patient it will usually stop the bleeding. Cold compresses applied to the bridge of the nose do not help. If the bleeding does not stop after 10 or 15 minutes of such treatment please consult your doctor.

Adult Check-ups

Three yearly routine medical examinations are offered to patients aged 16 – 74 and annual examinations are offered to patients aged 75 and over. You should see either your doctor or the nurse about this.

Travel Vaccinations

The practice nurses can advise you on current recommendations for vaccination according to the country you intend visiting. Please complete the Immunisation for Foreign Travel form available at the surgery and leave for the practice nurse. After 10 days please telephone and she will leave a message as to what you require.

Child Health

Your doctor in association with your health visitor offers routine check-ups for your children. We also strongly recommend that your child is fully protected by vaccination.

We recommend:

Two months old

Diphtheria, tetanus, pertussis, polio and Haemophilus influenzae type b (one injection) and Pneumococcal (one injection)

Three months old

Diphtheria, tetanus, pertussis, polio and Haemophilus influenzae type b (one injection) and Meningitis C (one injection)

Four months old

Diphtheria, tetanus, pertussis, polio and Haemophilus influenzae type b (one injection) and Pneumococcal (one injection) and Meningitis C (one injection)

Around 12 months

Haemophilus influenzae type b and Meningitis C (one injection)

Around 13 months

Measles, mumps and rubella (one injection)

Three years 4 months to five years old

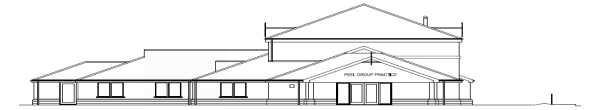
Diphtheria, tetanus, pertussis and polio (one injection) and Measles, mumps and rubella (one injection)

13 to 18 years old

Tetanus, diphtheria and polio (one injection)

Girls that are aged 12 to 17 years of Age. Human Papillomavirus (HPV) 3 injections over 6 months.

Baby Clinic - Babies are due a check up with the doctor at around 8 weeks of age and at the same time will see the practice nurse for their first immunisations. The nurse will advise when further immunisations are due.



Information Leaflet

Peel Group Practice Clinics

Phlebotomy Clinic – Fully trained and experienced phlebotomists are available by appointment to take blood samples which have been requested by your doctor.

Antenatal Clinic - If you think you may be pregnant please see your GP in the first instance who will make arrangements for you to be seen by the Consultant Obstetrician at Nobles Hospital. The Antenatal Clinic at Peel is run by midwives on Tuesday afternoon and your appointments here will be with them unless you have other medical issues requiring you to see a GP. (A postnatal check is due when baby is 6 weeks old. Please make an appointment with your Doctor).

Minor Surgery Clinic - Minor operations can be carried out at the surgery. Please discuss this with your doctor who will then arrange for you to be given an appointment.

Diabetic Clinic - This clinic offers advice and general health check ups to patients diagnosed with diabetes.

Asthma Clinic - This clinic offers advice and support and is led by a practice nurse who specialises in asthma care. If you would like to be invited to the clinic please leave a message at reception for the practice nurse.

Cervical Smear Clinic - Our practice nurse can carry out cervical smears by appointment but if you prefer to be seen by your Doctor please advise the receptionists who can make the necessary arrangements.

Self Treatments of Common Illnesses and Accidents

Many common aches and pains can be treated at home without the need to consult a doctor.

Fever

A fever is the body's response to infection. Fevers in young children should always be taken seriously. If you suspect your child is feverish then to allow them to lose heat you must strip them off down to their nappy if necessary. You must also give them a dose of Paracetamol mixture eg Calpol or Disprol according to the instructions on the bottle. **Never wrap up a feverish child.** They will not come to any harm from feeling cold or shivering. The reason that you must always treat a child's temperature is that if it is allowed to rise unchecked it may cause them to have a fit – a so-called febrile convulsion. Should your child have a febrile convulsion then turn them on their side and call for a doctor. The convulsion will only last a few moments but will seem a lot longer! They will be very drowsy when they come round. (As soon as possible treat the child for a fever as outlined above.)

If you are unable to control your child's temperature or if they are still unwell when it returns to normal then please consult your doctor.

Burns

Apply cold water to the burnt area as soon as possible until the pain subsides. It may take 10 minutes or so but of course will seem longer! Then apply a non-stick dressing to the burn. For advice for larger burns consult your doctor.

Sunburn

Prevention is the best cure! For small burns apply calamine lotion. For large burns consult your doctor.

Colds and Influenza (Flu)

Unfortunately even in this day and age there is no cure for the common cold or influenza. The average person is said to have between four and six colds a year. The best and cheapest treatment for these common conditions is Paracetamol or aspirin with rest and plenty of fluids. Your pharmacist is also able to provide you with additional symptomatic relief eg cough medicine if you require it.

Occasionally, colds are complicated by another infection such as sinusitis or ear infection in which case your doctor may well give you an antibiotic.

People with chronic chest conditions or heart disease should always consult their doctor if they suspect they have a cold or influenza as antibiotics may be required to prevent complications. In addition, people with these conditions as well as those with diabetes or impaired immunity or anyone over the aged of 65 years or with renal disease should consider an annual influenza vaccination.

Head Lice

These common creatures, contrary to popular belief, prefer clean to dirty hair and are not a sign of poor personal hygiene. Head lice shampoo can be bought from your chemist without prescription.

Services Available

General Medical Services
Cervical Cytology Services
Contraceptive Advice
Vaccinations and Immunisations
Childhood Vaccinations and Immunisations
Child Health Surveillance
Maternity Medical Services
Minor Surgery
Vasectomy Surgery

Private Medical Examinations for employment, insurance, vehicle licensing etc. Fee applicable

Worms

Children are especially prone to infection from cats and dogs. The worms lay eggs around the anus usually at night time. This makes the area itchy, the child scratches it and transfers the eggs via the fingernails to the mouth so reinfesting themselves. If this cycle can be broken by scrupulous attention to the hygiene, by keeping the nails short and using a scrubbing brush after going to the toilet, the infection will die out.

Alternatively, one dose of anti-worm tablets can be bought without prescription from your chemist

Diarrhoea

For mild diarrhoea in older children and adults lasting a day or two, keeping off solid food for 24 hours and drinking plenty of clear fluids will allow symptoms to subside. Kaolin and morphine (available without prescription from your pharmacist) may help. Always consult your doctor if you are generally unwell, if there is blood in the motion or if symptoms persist for more than a few days. For babies, diarrhoea can soon result in dehydration and make them very ill. At the onset of symptoms stop their milk and give them a preparation such as Dioralyte or Electrolade to replace the sugar and water they will lose in their diarrhoea. These preparations are available either from your pharmacist or from your doctor. If the symptoms persist for more than **24** hours or if the child is generally unwell or you are otherwise worried please consult your doctor.

Minor Cuts and Grazes

Wash in warm water with soap or antiseptic. Apply a clean non-stick dressing.

Insect Bites and Stings

1% Hydrocortisone cream available from your pharmacy without prescription gives excellent relief