

# Pharmacy first

Health advice without an appointment



## Go to your pharmacy first

Pharmacists across the boroughs of City & Hackney, Newham and Tower Hamlets can give you advice on a range of minor health problems for free. With the pharmacy first scheme, your pharmacist can treat you for minor health problems without an appointment.

### Minor health problems include:

Headache	Mouth ulcers	Bites and stings
Cold	Indigestion	Contact Dermatitis
Sore throat	Athletes foot	Back pain
Fever	Head lice	Cough
Hay fever	Diarrhoea	Teething
Constipation	Thrush	Sprains and strains

All you need to do to use pharmacy first, is register once with reception staff at your GP surgery.

They will give you a special voucher which you can take to your local participating pharmacy to receive treatment without waiting for an appointment.

You will pay the normal prescription charge to the pharmacist or buy the medicine if it is cheaper.

If you do not normally pay a prescription charge pharmacists will be able to provide you with medicines for minor conditions for free.

**For more information about pharmacy first, talk to your pharmacist or the receptionist at your GP surgery, or visit [www.nhs.uk](http://www.nhs.uk) to find out if your pharmacy is participating.**

# Need health advice without an appointment?

## Go to your pharmacy first Frequently asked questions

### What treatment will be available?

The pharmacy first scheme covers a range of short-term drug treatments. You can see your pharmacist up to two times for most conditions in the scheme.

The pharmacist may need to refer you back to your GP if more treatment is necessary.

If appropriate, the pharmacist will supply you with medicine. This medicine is only for you. It may not be the right medicine for other people, even if they have the same symptoms.



### What do I have to do to get on this scheme?

You need to go to your GP surgery to get a voucher for pharmacy first. You will only need to do this the first time you use the scheme.

Take this voucher to your local pharmacy. You will then be registered at this pharmacy for advice and treatment whenever you need it. Next time, you will need to go to the same pharmacy that you registered with.

### Will I need an appointment to see the pharmacist?

One of the great things about pharmacy first is that you do not need an appointment to see the pharmacist. You can just pop in when you need to.

### What will the pharmacist ask?

The pharmacist will ask you about your symptoms in order to give the right advice. You will be asked about any other medication you may be taking. Everything you say to the pharmacist is confidential.

You need to be registered with a GP within your local area to access this scheme from a pharmacy within your local area.