

# Looking after your health

Sometimes it's hard to get a GP (doctor) appointment or you need to see someone when your GP is closed. Lots of pharmacies are open late and at weekends. You don't need an appointment – you can just walk in.

## How can my pharmacist help me and my family?

**Help with illnesses:** Pharmacy staff can help with lots of common conditions and minor injuries, such as aches, pains, sore throat, coughs, colds, flu, earache, cystitis and rashes.

**Deliveries:** Pharmacies may deliver medicines to your house if you can't get out.



**Prescriptions:** Some pharmacies can order repeat prescriptions, so you don't have to go back to your doctor to get one every time you need your medicine. You should ask your pharmacist about this service (not all GPs allow this). Pharmacies can also collect your family's prescriptions, as long as your family consent to this. You should ask about a Young Carers Medicine Collection Authorisation Form.

**Help with your medicines:** Pharmacists are trained on how to use medicines safely. They can help the person you care for understand how to take their medicines.

**Medicines Use Review (MUR):** Lots of pharmacies now offer free Medicines Use Reviews (MUR), where you can talk about any medicines you're taking and any side effects you're having, to check you are still taking the right medicine for you.

**Help with healthier living:** Pharmacy teams can help you look after your own and your family's health. They offer healthy lifestyle advice that covers things like healthy eating, physical activity, losing weight and stopping smoking.

**Other things pharmacists can help with:**

- Cutting down on alcohol
- Advice on safe sex and emergency contraception



**Pharmacists offer other services too.**

Go to [www.nhs.uk](http://www.nhs.uk) and search for 'pharmacist' to find out more.



### Top tips



Sometimes it's hard to remember everything you are told by your GP, pharmacist or at hospital appointments. It's OK to record the conversation on your phone so you can check the details when you get home.

### Top tips

If you want to speak to your pharmacist in private, they often have a consultation room.

If you don't want to go in on your own, you can take someone with you. They might be able to find someone to go in with you if you are on your own.