



Remember To Order Your Medicines In Time For Christmas!



Please follow these 4 simple steps to make sure you have all the medication you need over Christmas.

1. Order Your Repeat Prescriptions in Plenty of Time

Order any regular medication that you will need over Christmas, especially if you are going away. GP practices and pharmacies can be very busy at this time of year, so consider ordering a little earlier than usual, but please don't order extra prescriptions unnecessarily.

2. Take Your Medication Away With You

If you are going away over Christmas, please make sure you have enough medication and remember to take it all with you. It is also a good idea to take details of your repeat medication with you, such as the re-order list that comes with each prescription.

3. Restock Your Medicines Cabinet

Stock up with some basic remedies such as indigestion remedies, painkillers and cold relief medicines. Please ask your pharmacist for advice, particularly if you take regular medication.

4. Know When Your GP And Pharmacy Will Be Open

Many GP practices and pharmacies will have reduced opening times or be closed for several days over Christmas and the New Year. Find out when they will be open and make sure you have everything you need for you, your family and anyone you care for.

There is an out-of-hours GP service available when your GP practice is closed but please remember that this is set up to provide **urgent medical care** to patients and not to supply repeat prescriptions. If you do run into problems with your medication, please try to contact a local pharmacy for support.

Please take a few moments to check your medicines and make sure you have enough to last until the New Year. It will be one less thing to remember.

