



Practice Newsletter , May - July 2009

Repeat Prescriptions- Now available to order on-line

As well as being able to book advance appointments on-line, you may now order your repeat medication this way too. You need to first enrol for Emis Access. Please ask at Reception, or visit our website, www.crystalpeaksmc.co.uk for further information. You may of course stick to your present method of ordering if you prefer.

Coils: Available again

Dr Shelston has now been accredited for Intrauterine Device and Intrauterine System, fitting, commonly known as "coils". Here she explains more about the process of arranging for coil fitting:

Coils are a very effective form of contraception with a failure rate similar to that of sterilisation. Once removed fertility returns immediately. Copper coils are of different types, and should be replaced every 5 to 10 years, depending on the type fitted. If fitted over the age of 40 years it can be left until the menopause.

The IUS, known as the mirena, is a coil that has progesterone impregnated in it, and helps to reduce heavy bleeding as well as acting as a very effective contraceptive. It should be replaced every 5 years unless fitted over the age of 45 when it can be left until the menopause.

Coils are suitable for most women whether you've previously had a baby or not. A coil can be fitted at any time in the menstrual cycle, as long as pregnancy is excluded prior to fitting. It's necessary to exclude infection before fitting, and swabs will be taken a week or two before the coil is fitted.

A half hour appointment is allocated for the fitting, although the actual procedure takes about 10-15 minutes. The fitting itself can cause some period-type pain that should resolve over the following couple of hours. It's advisable to take a couple of paracetamol tablets prior to your appointment.

If you're interested in having a coil fitted, or you currently have a coil that needs replacing, please make an appointment with either Dr Shelston or one of the nurses. The different types of coil will be discussed with you and swabs will be taken. A mutually convenient time will then be arranged for the coil to be fitted. Any of the doctors will be happy to give you written information about the different types of coil and the fitting procedure.

Waiting room improvements

We hope you will appreciate the changes we have made to our waiting room over the past few months. We now have music, magazines, plants and some photomontage pictures of Sheffield by Andy Nott. We have some more chairs with arms on order, as we acknowledge that some patients find using the existing chairs difficult. With these changes, unscheduled long waits should be less onerous.

Suggestions Box

Just a reminder that we welcome suggestions, and there is a box in the waiting room annexe for these, just ask reception to lend you a pen if needed, and complete the section at the bottom of the next page. Alternatively, there is now an on-line suggestions box too, see the left hand column on our website. Remember that we won't specifically reply to suggestions, unless that request is explicitly made. Suggestions can be anonymous but we would prefer to know who made it so we can discuss the issue if needed.

24Hr Ambulatory Blood Pressure Monitoring

We are pleased to announce that following funding from the PCT, we are now able to offer in-house 24Hr BP measurements. These are especially useful where an individual's BP is generally a lot higher at surgery, due to so called "White Coat" or "Office" Hypertension. If your Dr feels you would benefit from this assessment, you will be directed to Nurse Smedley who has been trained in the fitting of these devices. The monitor takes readings typically 3 times per hour during the day and twice per hour at night. The data are then downloaded through the Spacelabs software, for your Dr or Nurse to assess.

New Receptionist

Since our last newsletter we have welcomed a new member to our team, Glenda Mirfin. Please be patient in the coming weeks as she may need to seek advice from one of the more experienced receptionists in order to deal with your enquiry.

Antenatal Clinic Booking

The new procedure is for ladies who find themselves pregnant to ask at reception (by phone or in person), for a ½ hour booking appointment. These are on Wednesday afternoons. Please bring a fresh urine sample to that appointment (receptacles available from reception if needed), and the date of the first day of your last period.

If you have an unwanted pregnancy, please book in to see a Dr , as is present procedure

Suggestions:

Name (optional) _____

Date: ____ / ____ / ____