

Special Clinics

Written by Administrator

Monday, 29 October 2012 12:00 - Last Updated Wednesday, 04 December 2019 13:52

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Family Planning Clinics

We offer contraceptive services including injections as well as the contraceptive pill. A confidential service is provided by our fully trained Nurse, Dawn Billings, closely supported by the doctors. Please feel free to come along and discuss any problems you may have with family planning. Nurse Dawn is also able to provide you with a prescription for the contraceptive pill.

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Cervical Smear Tests

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The NHS Cervical Screening Programme aims to reduce the number of women who develop cervical cancer and the number of women who die from it. There are a number of factors that may increase your risk of developing cervical cancer, and this includes being sexually active. Having a smear test does not mean you are at risk of cancer, but it is an important step in identifying any unusual cell changes early on. If necessary, treatment can be started straight away to prevent cancer developing.

The national cervical screening policy is as follows:

- Woman aged 25 to 49 are invited for cervical screening every three years
- Woman aged 50 to 64 are invited for cervical screening every five years

When your smear test is due you will receive a letter from your local Primary Care Trust or GP asking you to make an appointment. The screening test is best done in the middle of the menstrual cycle (between periods).

We can offer morning, afternoon or evening appointments with any of our practice nurses.

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Asthma Clinic

We aim to optimise the treatment of breathing problems so that you can have as normal a life as possible. Please bring your Inhalers or other treatments with you and your peak flow chart if you have one. We have equipment such as peak flow meters and a spirometer to help diagnose and improve your treatment.

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Diabetic Clinic

We aim to help people with diabetes achieve the best possible control and minimise complications. We work along with your hospital specialists and liase closely with them if necessary. Please bring along a urine sample and your blood or urine record book. Contact the surgery to make an appointment.

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Antenatal Clinic

This is largely run by our midwife along with the doctors and we hope to help make your pregnancy as trouble-free as possible. Please bring with you a urine specimen and your patient-held record at each attendance. Fathers are welcome to attend. Postnatal examinations should be done 6-8 weeks after the birth of your baby and please remember to contact us for an appointment around that time.

Our midwife can be contacted via the surgery or through the Maternity Office on Burton 566333 ext 4351.

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Influenza Vaccinations

Flu Jabs

Flu is a highly infectious illness, which spreads very rapidly by coughs and sneezes from people who are already carrying the virus. The virus circulates every winter, usually over a period of a few weeks, so that a lot of people get ill around the same time. The flu jab is the best protection against the virus. You can get a free flu jab if you are:

- 65 or over
- living in an old people's home or nursing home
- are over 6 months old and have a long-term (chronic) condition such as a heart problem, asthma, kidney disease, diabetes, have a lowered immune system due to disease or treatment such as steroid medication or cancer treatment

If you have a serious allergy to hens' eggs, you shouldn't get vaccinated. If in doubt, ask one of the practice nurses.

Healthy people don't need to be vaccinated; for most people flu is uncomfortable but not serious.

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Travel Clinic

Going abroad? It is important to be adequately protected. We give up-to-date information on malaria prevention, immunisations and other information to help your family enjoy their holiday.

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We can prescribe and administer your injections. **We need a MINIMUM of 8 weeks notice to process the requests.**

If you contact the surgery with the details of your holiday, in particular we need:

- Destination
- Date of Travel
- Type of accommodation
- A brief idea of the activities you will be doing

Our practice nurse will then check your records and we will contact you and arrange your appointment if any vaccinations are required.

You can also [click here to find more information on immunisations needed and general advice](#) .

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Children's Clinics/Immunisations

Run by doctors, nurses and health visitors to monitor the health and growth of your baby and offer protective injections. You should be invited to bring your child along for a check-up at 8 weeks, along with injections at 8, 12 and 16 weeks for diphtheria, polio, tetanus, whooping cough and HIB. At 1 year your child should be invited along for a measles, mumps, rubella immunisation and at 3 years for a booster injection. Any child younger than 4 years who has not had a HiB vaccine or any of the other courses mentioned should contact us to arrange for this to be done.

Please feel free to make an appointment to discuss any problems your child may have with the health visitors. Fathers and grandparents are welcome to come along. We also offer Rubella immunisations and injections to school leavers. Appointments can be made during child clinic

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hours.

For more information on NHS immunisation schedules please click here to go to the official NHS website.

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Sexual Health

The Stapenhill Surgery is a recognised centre for the diagnosis and treatment of sexually transmitted infections. We can provide full sexual health screening and counselling including HIV testing.

The service is strictly confidential.

Please contact the practice nurse.

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Insurance Medicals

We perform medicals for insurance companies. This is along with other private work such as HGV licenses, holiday cancellation forms, private sick notes, medical reports etc will attract a charge. Please contact the surgery on 01283 565200 for more details.

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Please be aware, we require a 50% deposit before medical appointments are booked and this is non-refundable.

A current price list is displayed in reception.

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