

## Feeling unwell? You may not need to see a doctor—choose from the range of options below.

### Self care

Self-care is the best choice to treat very minor illnesses, ailments and injuries. Coughs and colds, aches and pains and upset stomachs can be treated from the home medicine cabinet.

#### Some self-care essentials

- Paracetamol
- Anti-diarrhoeal medicines
- Re-hydration mixtures
- Indigestion remedies
- A thermometer

### Your Local Pharmacy

Your local pharmacy can provide confidential, expert advice and treatment for a range of common illnesses and complaints

Contact details for your local pharmacies are provided overleaf

### NHS Choices [www.nhs.uk](http://www.nhs.uk) NHS 111

You can find up-to-date and expert advice as well as find your nearest NHS services, such as GPs, dentists, pharmacists, etc

If you need medical help fast, but it isn't a 999 emergency, you can dial 111. NHS 111 will assess you, provide advice and direct you to a local service that can help you best. Calls are free including those from mobiles

### Your GP

Make an appointment with your GP for medical advice, examinations and prescriptions

#### Out of Hours

If you require urgent medical assistance which cannot wait until the surgery is open, call 111 for the NHS 111 service. If you need face to face medical attention you will be asked to attend a Primary Care Centre.

### Minor Injuries Unit

You do not require an appointment for a minor injuries unit. There is usually no doctor at a MIU.

Minor Injuries Unit, Lymington New Forest Hospital, Wellworthy Rd, Lymington SO41 8QD. Tel: 01590 663000. Open 8am to 9pm

### A&E and 999

For symptoms or serious illness and major accidents, choose the Emergency Department or 999. Emergency services should only be used in very serious or life threatening situations

Southampton General Hospital, Tremona Road, Southampton. SO16 6YD.  
Tel: 023 8077 7222  
Bournemouth General Hospital, Castle Lane East, Bournemouth BH7 7DW.  
Tel: 01202 303 626

## Local Pharmacies

### Boots

Tel:01590 672774  
Wistaria Court  
20 Avenue Road  
Lymington  
SO41 9PJ

### Boots

Tel: 01590 673725  
41-42 St Thomas St  
Lymington  
SO41 9ND

### Boots

Tel:01590 678874  
c/o Waitrose Supermarket  
Stanford Rd  
Lymington  
SO41 9GF

### Boots UK Ltd

Tel: 01590 673097  
89-90 High St  
Lymington  
SO41 9GF

### Pennington Pharmacy

Tel: 01590 673745  
14 South St  
Pennington  
SO41 8ED

### Boots

Tel:01590 643224  
68 High St  
Milford-on-Sea  
SO41 0QD

### Sway Pharmacy

Tel: 01590 682225  
Station Rd  
Sway  
SO41 6BA

### Milford Pharmacy

Tel: 01590 645555  
War memorial Hospital  
Sea Rd  
Milford on Sea  
SO41 0PG

### Hordle Pharmacy

Tel:01425 610594  
26 Ashley Lane  
Hordle  
SO41 0GA

## Wistaria and Milford Surgeries

### Milford Medical Centre

Sea Road,  
Milford-on-Sea  
SO41 0PG  
Telephone: 01590 643022  
Fax: 01590 644950  
www.milfordmedicalcentre.com

### Wistaria Surgery

Wistaria Court,  
18 Avenue Road, Lymington  
SO41 9GJ  
Telephone: 01590 672212  
Fax: 01590 679930  
www.wistariasurgery.com

### Surgery Opening Hours

**The surgery is open from 8.00am – 6.30pm  
Monday to Friday excluding bank holidays**

**Urgent Appointments / “on the day appointments”** . We reserve a number of appointments each day to allow for patients who need to be seen on the day because they have become unwell. These allow patients with conditions that they consider urgent to be seen on the same day. However, using these inappropriately means that someone who may need the appointment will not be able to be seen. If you are unsure you can ask reception as they may be able to advise you or you can ask a Doctor to call you to discuss.

**Telephone Appointments** can be booked with reception if you do not feel you need to see a Doctor or Nurse but would like to discuss something with them.

**Extended Hours Appointments** are available outside our usual opening hours on early weekday mornings and late evenings for patients who are unable to attend the surgery during our usual working hours. Please ask at Reception .

### **For an acute emergency please dial 999**

If you think you are (or someone you are with is) having a stroke  
If you think you are (or someone you are with is) having a heart attack  
If someone collapses or is unable to breathe  
If someone is bleeding heavily  
If you think your child has meningitis

In any of these situations if you ring reception they may advise you to call 999 as delaying treatment can lead to serious consequences.

**If you need to be seen IMMEDIATELY then the Surgery is not the place to go as there may not be a Doctor or Nurse there.**

**For non-emergency care when the surgery is closed—dial 111.**

**For urgent dental care—dial 111.**

<b>Lymington Hospital</b>	01590 663000
<b>Milford on Sea War Memorial Hospital</b>	01590 648100
<b>Oakhaven Hospice</b>	01590 670346
<b>Poole General Hospital</b>	01202 665511
<b>Princess Anne Hospital</b>	02380 777222
<b>Royal Bournemouth Hospital</b>	01202 303626
<b>RBCH Eye Unit</b>	01202 704181
<b>Royal South Hants Hospital</b>	02380 634288
<b>Southampton General Hospital</b>	02380 777222