

Your NHS on the High Street

Your local Bromley pharmacist is a fully qualified healthcare professional and part of your NHS Primary Care team. They train for five years in the use of medicines and have further training on managing minor illnesses and providing health and wellbeing advice.



Your local pharmacist is the best person for you to see if you need clinical advice or over the counter medicines for a wide range of minor health concerns such as coughs, colds, sore throats, tummy trouble and aches and pains. If your symptoms are more serious, they will get you the help you need.



Dr Emma Ryan, Bromley GP advised, "Talking to your local pharmacist about minor health concerns is better for you because you can get quick professional advice, and better for GPs because it frees up our time to help more people with complex health needs.

Most of us live within easy reach of a pharmacy and many are open in the evenings and at weekends. Just pop in – you don't need an appointment – most of them also offer a private consultation room."

Your GP is not able to prescribe over the counter medicines for minor ailments, these need to be purchased from your pharmacy.



Mrs L T from West Wickham said, "I find my community pharmacist really helpful when I need advice about minor health issues. He reassures me and tells me how best to manage it, so I don't have to book an appointment at the surgery."



Arti Jethwa, pharmacist at Paydens in Beckenham, said, "Visit your local pharmacist to get advice on a wide range of minor ailments and injuries. As well as expert advice on medicines, we offer other NHS services such as blood pressure monitoring, emergency contraception, asthma inhaler use and advice, chlamydia screening and treatment, stop smoking and weight management advice. This winter, it's really important that we all get our flu and covid vaccinations, and you can talk to your pharmacy about this too."



Jasraj Matharu, pharmacist at Westchem Pharmacy in West Wickham, said, "You may be referred to a pharmacist for advice by NHS 111 or a GP. If you're stable on your medication, regular repeat dispensing can be arranged between your GP and local pharmacist. You can also set up your repeat prescriptions through the NHS App or through your GP website."

As part of the local NHS Primary Care team, we work very closely with our local GP practices to support patient care and help patients manage their health needs and medication requirements. Your local community pharmacy is the NHS on the High Street, do come to us first for your health care needs."

For more information about repeat prescribing, speak to your pharmacist or visit www.nhs.uk

#YourPrimaryCare

