

My important information for NHS 24



When should I call 111?

NHS
24



Phone 111 if:

- you think you need to go to Accident & Emergency (A&E) or a minor injuries unit
- you are too ill to wait for your GP practice or doctor's surgery to open



We have made this document so all your important information is in one place.

You can:

- print off this document and fill out the information
- or type your information in, save the document and print it out



Write or type your information where it says 'write it here.'



The space will get bigger if you are typing.



If you need the document in a community language you can download it from:

www.nhsinform.scot/campaigns/its-ok-to-ask



Keep this information by your landline phone or in a handy place so it is easy for you to find.



My name

Write it here:



My date of birth

Write it here:



My address and postcode

Write it here:



My phone number

Write it here:



My illnesses or health conditions

Write them here:



Medication I am on

Write it here:

I am allergic to

Write it here:



The name of my GP (doctor)

Write it here:



The address of my GP practice

Write it here:



GP phone number

Write it here:





Pharmacy (chemist) name

Write it here:



Pharmacy phone number

Write it here:



If you take lots of different medicine you could keep a copy of your repeat prescription form with this document.



It's important to know what is going on with your own healthcare.

It's ok to ask your health staff questions.



Healthcare staff will be happy to answer any questions you have.



You could ask:

- How will my treatment be good for me?



- What are the risks of my treatment?

- What might not work well?



- Are there any other treatments I can try?



- What if I do nothing?



Health information and advice is online at: www.nhsinform.scot