



Craigvinean Surgery, Dunkeld

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Summer Sniffles

Summer is great, hay-fever is not so much fun. To improve your odds of enjoying summer more consider these tips: applying petroleum jelly around your nostrils to trap pollen, wearing wraparound sunglasses or a mask, and showering and changing clothes after being outside. Additionally, keep windows and doors closed, vacuum regularly, and consider a HEPA filter for your vacuum cleaner.

Are you the type to save A+ Life?

Scotland is always in need of new blood donors. To keep blood stocks at viable levels we unfortunately have to rely on regular contributions from the same people like one Inverness donor who gave over 300 donations. As laudable as that is new donors are always required to help manage the load. Just one donation can save the life of up to three patients. People are often not sure of whether they can or where they can give blood. The website: www.scotblood.co.uk/giving-blood has an interactive quiz which will allow you to find out if you are suitable as a donor and has lots of information on where you can donate and most importantly a lot of facts about why **your** donation is so important!

The low levels of blood stocks has been in the news recently and a quick look at scotbloods website will show you the stock of your blood type right now in Scotland. If you know your blood type you can see how important your donation could be!

Remember to stay hydrated this summer.

Proper hydration is essential for regulating body temperature, lubricating joints, preventing infections, delivering nutrients to cells, and keeping organs functioning properly. Even mild dehydration can lead to headaches, dizziness, fatigue, and poor cognitive performance, making consistent fluid intake crucial for daily health.

The NHS recommends aiming for **6 to 8 cups or glasses (around 1.5 to 2 litres)** of fluid daily. You may need to increase this amount if you find yourself in a hot climate, engage in heavy exercise, or are ill.

Visit <https://www.nhsinform.scot/campaigns/hydration/> for an in-depth guide as to why proper hydration is so important.

Summer months

We hope everyone gets to enjoy their summer holidays this year. I am sure more of you will stay at home this year as opposed to a trip abroad. Our GPs have school-aged families, so also use the summer school holiday to get away on a well earned break, in turns. We fill these gaps in our normal GP rota with Locum GPs. We have a regular cohort of locums we use, some of whom you have probably already met. They are all highly experienced GPs and allow us to continue to provide the service you expect. It is however hard to get locums to cover every session lost by the GP holidays. We will therefore have less GP appointments available through the summer than we normally do. If you are looking for an appointment please be aware of this and be honest with yourself as to how urgent your requirement is. Thank-you.

Sick Day Medicine Rules.

Latest guidelines from NHS

Tayside & NHS Scotland

If you have the following for more than 24 hours: Vomiting or diarrhoea (unless only minor) OR Fevers, shakes and sweats. Then STOP taking the tablets listed below until you feel well again and have been eating and drinking normally for 24 hours. If symptoms persist for more than 48 hours, please contact your GP, nurse, pharmacist or NHS 24 (call free on 111)

Medicines to stop on sick days

ACE inhibitors or ARB medicines ending in 'pril' or 'sartan' used for high blood pressure and heart failure : eg Lisinopril, Perindopril, Ramipril, Losartan, Candesartan, Valsartan, Irbesartan

Metformin a medicine for Diabetes

Anti-inflammatory pain killers: eg Ibuprofen, Naproxen, Diclofenac.

Water tablets (also called diuretics): eg Furosemide, Spironolactone, Bendroflumethiazide

You can find a detailed patient leaflet on our website **If in any doubt, please contact your GP, nurse, pharmacist or NHS 24 (Call free on 111)** Remember to **RESTART** your tablets when you are feeling well and have been eating and drinking normally for 24 hours

Patients are asked to please note that the surgery will be **closed ALL DAY** on

Monday 27 July

If you require **healthcare advice** about a minor matter on these days, a good resource full of useful medical advice is the NHS Inform website: www.nhs.inform.co.uk

In Emergency call **NHS 24 on 111** in cases of suspected Stroke call **999**