

It's OK to ask

It's important to know what's going on with your own healthcare at any time. Knowing the right questions to ask your health professional in any setting can make all the difference.

You could ask:

- What are the benefits of my treatment?
- What are the risks of my treatment?
- Any alternative treatments I can try?
- What if I do nothing?

Healthcare staff are more than happy to answer these and any other questions you may have. For up to date health information and advice visit: www.nhsinform.scot



My important information for NHS 24



The care behind **your care**

You can phone 111 if you:

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

Keep this card by your phone or in a handy place so you always have your information at hand.

Your name:

Date of birth:

Address:

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Post code:

Phone number:

Illnesses or conditions

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Medication

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Allergies

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GP name:

GP practice:

GP phone number:

Pharmacy name:

Pharmacy phone number:

If you take multiple medications you might want to keep a copy of your repeat prescription form with this card.