

SERVICES FOR YOUNGER PEOPLE AT CHRISP STREET

Contraception

There are several types of contraception available from the practice, including:

- Long Acting Contraception – coils and implants (ask to see your GP to discuss these options first to see which is best for you)
- Emergency Contraception – request an urgent appointment in the morning or ask to go onto our Triage list
- Contraceptive Pill – ask to see a nurse to check it's right for you and get you started

Please note we no longer offer condoms from the surgery.

Sexual Health

We offer a number of different tests, including:

- Chlamydia screening
- Other sexual health testing, including HIV and gonorrhoea
- Hepatitis B screening

For all the above, please ask for an appointment with one of our trained practice nurses or a doctor. If you don't want to come into the surgery, there are other services in Tower Hamlets you can visit, go to www.sho-me.nhs.uk or call **NHS Direct on 0845 4647**

General Health

- Need to be seen fast? **phone in the morning before 11.30** for advice from our Triage service
- If you have a long term condition like asthma or diabetes, we will ask to see you regularly.
- If you would like a general check-up, see one of our Practice Nurses or Assistant Practitioners. If something more serious is bothering you, make an appointment to see your GP. If you have lots to discuss, ask for a double appointment.
- For women over 25 we offer a cervical smear every 3 years, so if you get an invite please don't ignore it. Ask a nurse for info or visit www.nhs.uk and type 'smear' into the search box
- If you are worried about debt, housing, immigration or benefits, ask to see our Advisor Wazi who is here on a Tuesday.
- If you are worried about alcohol, there is an advisor here on a Wednesday.
- To quit smoking, ask to see Debbie or Ruma, or Abdul the Bangladeshi Tobacco Advisor who is here on Friday mornings
- If you're going on holiday, check with a practice nurse a few weeks before you travel to see if you need any immunisations, especially if you're travelling long distance.
- Over 18's may register for our online services, letting you book appointments and request repeat prescriptions from our website - www.chrispstreet.org (mobile access is coming soon)

Remember, you can talk to your doctor whatever the issue. And we will always respect your confidentiality. Family members will not be informed of your appointments.

Please ensure we have an up to date mobile number so we can easily reach you if needed.

We send appointment confirmations by text, so check the mobile number you give us is private.