

# Get on top of your prescriptions before Christmas

Make sure repeat prescriptions are top of your Christmas list this year



NHS 24 reminds anyone who takes regular medication, to make sure repeat prescriptions are top of their Christmas list, this year.

As part of the annual 'Be Healthwise This Winter' campaign Dr Owl is highlighting the importance of collecting repeat prescriptions in plenty of time before the festive holidays.

NHS 24's Head of Pharmacy, John McAnaw said: "As Dr Owl says it is important that everyone looks after themselves during the busy winter period.

"Having the right medicines to treat minor ailments is part of this, and people should make sure they have some self care remedies to help treat common winter illnesses already in the home ahead of the festive period.

"Things like paracetamol, ibuprofen and indigestion remedies are great additions to the medicine cabinet over the winter. This will mean people have some medicines to hand when they need to use them. By being prepared to look after yourself and your family if coughs and colds strike, people can help to take the pressure off the health service during what is one of the busiest times of year.

"Winter can always throw up a surprise, especially in terms of weather so don't leave it to the last minute to order and pick up your repeat prescription.

“Check what you have, and order only what you need and collect it in plenty of time – the **last date for ordering this year is Tuesday 20 December** to be sure of having your medicines ready before Christmas.”

To find your nearest pharmacy visit [www.nhsinform.scot](http://www.nhsinform.scot) where you can also find further advice and information on how to stay healthy over winter.

The three things that Dr Owl is recommending everyone do in preparation for their health this winter:

- Make sure you have some over the counter remedies in the house for minor ailments
- Check you have enough repeat prescription medicines – order only what you need and make sure you pick them up in plenty of time
- Know when your GP surgery and local community pharmacy will be open