



Enjoy Christmas and New Year without Worrying about Medication

Local medical centres will be closed Saturday 24th December to Tuesday 27th December. They will reopen on Wednesday, Thursday and Friday then close again Saturday 31st December to Tuesday 3rd January, reopening on Wednesday 4th January. Many pharmacies will be closed Sunday to Tuesday inclusive over both holidays.

Planning ahead should mean that these closures are of no interest to you at all!

You will be relaxed watching the festive TV programmes, or walking in the beautiful frosty countryside.

Here are some tips for a calm, healthy Christmas and New Year:

- 1. Go through your medication cupboard / drawer.** Tidy it up and date check everything. (Ask someone to help you read the microscopic expiry dates, don't guess!) **The most common reason for emergency medication requests is putting empty boxes back in the cupboard.**
- 2. Request enough prescription medication,** test strips, inhalers, etc., from your medical centre to last until around the 8th January. Remember you will need more test strips, insulin, inhalers, etc. if you are unwell over the holidays. But please don't order enough to last until August! It is horrifying how much medication gets incinerated in the NHS Grampian area each year. Try and get the balance right 😊
- 3. Place your request between the 13th and 19th December,** certainly no later than the 20th December. (Sometimes it takes a while for pharmacies to get deliveries from the wholesalers, if there is high demand or snow.)
- 4. Put some "basics" in your medicine cupboard.** If you, or visiting friends / family, are unwell over the holidays NHS24 might advise you how to treat the symptoms with medicines in your cupboard. This means you don't have to trek to a pharmacy or supermarket during the holidays.
- 5. If you have children at home or visiting,** make sure you have a digital thermometer in the cupboard, so you can report their temperature accurately. Some paracetamol liquid and ibuprofen liquid will treat fevers and sore ears / throat. Rehydration sachets are useful for diarrhoea. And perhaps teething gel as well? Think about what medicines the child has needed over the last few months. Ask in the pharmacy for advice, we'll recommend own-label options that will save you money.
- 6. And for adults,** again, think about what you have all needed over previous holidays. Perhaps some indigestion remedies, painkillers, loperamide for diarrhoea (much cheaper than Imodium). What about ear plugs for people sharing rooms with snorers? Might avoid some grumpiness! And antihistamines are handy, if you are allergic to your auntie's budge, or that fabulous party hair dye or make-up.
- 7. If Aberlour Pharmacy is open when you or your guests feel unwell, please phone us or pop in.** No appointment is needed. The pharmacist will "triage" you – that means they'll work out what level of care you need. It is easier to do this with the patient in front of us, if at all possible. The pharmacists can then take their temperature, look at their throat, assess their breathlessness, etc.
 - If you need to see a doctor in the next few hours the pharmacist will phone straight through to Aberdeen and make an appointment for you with a doctor at Huntly or Elgin, or request a home visit if needed.
 - Or the pharmacist will ask advice from the duty doctor then supply you with the right treatment and advice.
 - The pharmacist might help you manage your symptoms until you can see your own doctor. They know you best and have all your records.

Continued overleaf...



8. **If you are going away over the holidays**, please pack some extra medication. **The second most common reason people request emergency medication is that they packed exactly the right number of tablets... but they have to stay on** because the road is snowy, or the car is poorly, or they haven't eaten all the leftovers yet! And put your pride aside, please ask someone to check you have packed everything you will need! Ask them to double check your maths, remind you about the medication in the fridge, on the bedside table, or the medication that you only need ever-so-rarely.
9. Medicines have ridiculously long names. **Put your latest repeat medication slip in your purse or wallet**, and when the pharmacist, doctor or NHS24 want to know what you take you can hand it to them instead of saying "Well, they are white, and round...". Thank you!!
10. **So, in conclusion:** Tidy up your medicines, plan ahead now, while everything is calm, make sure you have the phone number of your doctor, pharmacy and NHS24 to hand, and have a Merry, Healthy, Christmas and a Happy New Year!

The 2017 "Aberlour Pharmacy Serial Prescription Calendar" is now available.

It is free of charge. It shows when your serial prescription will be ready to collect, if you are signed up to the service. It also shows the Aberlour, Craigellachie, Knockando & Tomintoul local holidays, and the school holidays for Speyside High School and associated Primary Schools. And finally, it shows the NHS Grampian Holidays, when Aberlour Pharmacy will be closed and many medical centres will be closed. (**Never heard of the NHS Grampian Holidays?** It is a way of giving medical centres days off throughout the year that are covered by the out-of-hours doctors (GMED). If each practice took their own local holidays they wouldn't have GMED cover.)

Christmas Events

Information accurate at time of printing.

Aberlour Pharmacy (and many other shops) will be open until 8pm on Thursday 24th November. The **Christmas Lights** will be switched on at 6:45pm. Aberlour Primary school pupils will be singing in the Church from 6pm. There will be teas served in the Church from 6pm to 8pm. The Silver Band, Aberlour Pipe Band and Aberlour Choir will perform through the evening. There will be craft stalls and refreshments at Speyside High School from 7:45 to 8:45pm.

Aberlour Pharmacy will have a stall at the **Aberlour Christmas Market** on Friday 2nd Dec, probably in the church. The pharmacy will also be open in the evening, because we can't possible transport **all** the lovely Christmas stock to the church! Do come along to the event, there will be stalls in the Square, the Church and the Tearoom. Pizzas, burgers, pies, desserts, hot & cold drinks and homebakes will be served in the Tearoom.

On Saturday 3rd Dec we will also be attending the **Festive Market at The Dowans Hotel**. The market starts at 3pm and will be followed by a Fireworks Display at 6pm.

Festive Opening Hours

Late Night Shopping dates:

Thursday 24th Nov	9am to 1pm, 2pm to 8pm
Monday 28 th Nov	9am to 1pm, 2pm to 8pm
Friday 2 nd Dec	9am to 1pm, 2pm to 8pm
Tuesday 6 th Dec	9am to 1pm, 2pm to 8pm
Thursday 8 th Dec	9am to 1pm, 2pm to 8pm
Wednesday 14 th Dec	9am to 1pm, 2pm to 8pm
Saturday 17 th Dec	9am to 1pm, 2pm to 5pm

Christmas and New Year:

Friday 23 rd Dec	9am to 1pm, 2pm to 6pm
Saturday 24 th Dec	9am to 1pm
Sunday 25 th Dec	Closed
Monday 26 th Dec	Closed
Tuesday 27 th Dec	Closed
Wednesday 28 th Dec	9am to 1pm, 2pm to 6pm
Thursday 29 th Dec	9am to 1pm, 2pm to 6pm
Friday 30 th Dec	9am to 1pm, 2pm to 6pm
Saturday 31 st Dec	9am to 1pm
Sunday 1 st Jan	Closed
Monday 2 nd Jan	Closed
Tuesday 3 rd Jan	Closed
Wednesday 4 th Jan	9am to 1pm, 2pm to 6pm