

Having Ear Irrigation

Ear wax is a natural body product which when soft will come out of your ear on its own

If you have an excess of **HARD WAX** which is affecting your hearing make an appointment with the nurse for advise and management.



OLIVE OIL EAR DROPS

Olive oil encourages the natural movement of wax from the outer ear this can be purchased from your local pharmacist. Use olive oil drops as directed by your nurse.

Olive Oil must be inserted into the ear canal for at least 5 days **BEFORE** your irrigation appointment.

- ◆ Lie down on your side with the affected ear upwards
- ◆ Gently pull the outer ear backwards and upwards
- ◆ Using room temperature olive oil and the dropper, drop 1-2 drops in the ear canal and gently massage the area in front of the ear
- ◆ Remain lying down for 10 minutes and then wipe away any excess oil. Do not put any cotton wool in your ear canal as this will absorb the oil

Repeat the procedure with the opposite ear if necessary



USING DROPS PRESCRIBED BY THE DOCTOR OR NURSE

Follow the instructions as for olive oil ear drops.

You will need to use the drops more frequently than the olive oil drops. Please follow the instructions on the bottle.

Make sure you complete the course of treatment.

SPECIMENS

Specimens are collected from the practice each weekday. If you have been asked to bring in a specimen, please ensure that it is at the practice **BEFORE** 12.30pm, clearly named and with your date of birth. A special hatch will be found in the toilet on the left as you come through the main door. Please leave specimens in here. Leaking specimens will not be processed by the lab.

Whiteparish Surgery



INFORMATION FOR BLOOD TESTS ECG READING BLOOD PRESSURE TEST EAR IRRIGATION SPECIMENS

Whiteparish Surgery
Common Road
Whiteparish
Salisbury
Wiltshire
SP5 2SU

Telephone No: 01794 884269
Appointment No: 884438
Opening hours
0830-1830 Monday—Friday
www.whiteparishsurgery.co.uk



Having A Blood Test

A blood test appointment is available most days between 8.30 and 11.00.

Electronic forms are available when you have previously had your consultation at the Practice and will be printed off when you attend your appointment.

If you have been given a form please remember to bring this to your appointment to ensure the correct tests and bottles are taken.

FASTING BLOOD TEST

Sometimes you are required to be Fasting before a blood test to ensure the results are accurate and more informed.

Please do not have anything to eat after 9.00pm on the day **BEFORE** your blood test. Drink only water or **BLACK** tea or coffee (without sugar or sweeteners)



You may take your usual oral medication with water.

Results are usually available 1 week after the test has been taken from the Reception. Whenever possible please try and telephone or call in the afternoon.

Having an ECG (Electrocardiogram)

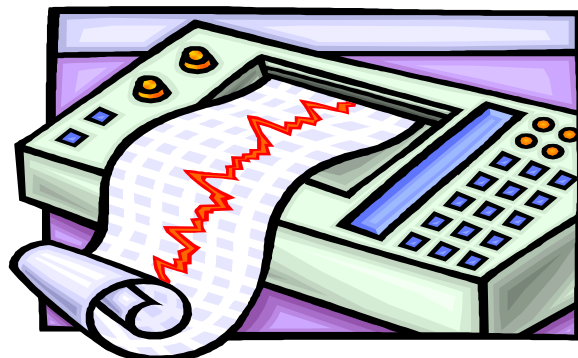
An ECG is a test which shows how the electrical messages are transferred across the heart and how the heart responds to these messages. The information is presented in a graph which will be interpreted by the requesting Health Care Professional.

You will need a 20 minute appointment and the test is entirely painless.

You will be asked to remove your clothing from the waist upwards and from your lower legs.

Please **DO NOT** use any body creams or moisturisers on this day as it will prevent the small pads used during the procedure from sticking on your skin.

After the graph has been taken you may be asked to wait a few minutes for the ECG to be checked.



Having a Blood Pressure Reading



Blood Pressure readings indicate how well the heart is pumping blood around the body, and should be checked as a routine at least every 5 years .

If you have ever had a high reading or on medication to keep the blood pressure low, readings need to be taken more frequently.

PLEASE

-attend for a blood pressure reading with easy access to the upper part of both arms.

-attend the appointment in plenty of time so you can have a few minutes to rest before a reading is taken

-make sure you take medicines as usual on the day the reading is being reviewed

-sit quietly with legs uncrossed and resting in the chair when your blood pressure is being taken

Home Blood Pressure Readings

We have a loan service for blood pressure monitors. You may be asked to arrange to record your own blood pressure at home for a week. Please contact Reception.