

# 3 before GP

GPs and their wider team need time to give patients the best care they possibly can. You can help free up time for those who really need expert advice by considering three alternatives before booking an appointment:

# 1

## Self-care

For minor ailments you could safely treat your symptoms at home, for example through rest or with appropriate over the counter medicines.

# 2

## Use trusted NHS online services

Online NHS services offer sensible advice on a range of health issues and are a useful place to turn for initial guidance. Visit [www.nhsinform.scot](http://www.nhsinform.scot)

# 3

## Seek advice from a pharmacist

Pharmacists are highly skilled healthcare professionals who can offer valuable advice.

You should always seek urgent medical attention in an emergency.



Royal College of  
General Practitioners

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