

New Patient Check-up (registration check)

We encourage all new patients to have a registration medical check with the practice nurse. Existing patients are also welcome to come for a medical. The check is completely free and takes about 20 minutes.

The purpose of the check is to find out about any existing problems for which you are receiving treatment, and also, to help you live a healthy lifestyle. The nurse will ask about

- current and past illnesses and operations
- illnesses that run in the family
- medication and allergies
- any screening tests such as cervical smears
- any immunisations such as tetanus

She will check your blood pressure, weight, and height and test a sample of your urine.

You are also offered advice on

- healthy eating
- exercise
- sensible limits for alcohol
- how to stop smoking

She will assess your risk of heart disease and can arrange a cholesterol check if appropriate.