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Well person checks

We offer a health check to anyone who feels they need one. To arrange one, please phone reception and ask for an appointment with a nurse for a well person check. You can normally be seen within a few days. Please bring a specimen of urine with you. If you need a specimen bottle we can provide one at reception.

The purpose of a well person check is to screen for conditions such as high blood pressure, high cholesterol and diabetes. It also gives us the opportunity to discuss your lifestyle and offer advice on diet, exercise, alcohol consumption and smoking. A well person check is not the right appointment to discuss symptoms that might be due to illness. We suggest that you make an appointment to see a Doctor to discuss any symptoms you are concerned about.

The nurse that sees you will ask questions about your body functions and general wellbeing. She will want to know about your consumption of alcohol and tobacco and other aspects of your lifestyle. She will weigh and measure you and check your urine and blood pressure. She will check that your immunisations are up to date and you will be offered any that you have missed. She will arrange for a cholesterol test if you have never previously had one.

At the end of the check you will be told of any findings that will affect your health and be given advice about addressing them.

We do not run a whole battery of blood, heart and lung tests. There is very little benefit from doing that in an apparently healthy person. If you or the nurse feels that any further tests are required, this will be discussed with one of the doctors.

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