****

**34 Grafton Street, Dublin 2, T:01671212201 F:016775339 e:info@graftonmedical.ie**

 **www.graftonmedical.ie**

 **PRIVATE & CONFIDENTIAL- 24/05/2021**

In order to get a check-up safely during Covid, please do the following:

Book a 15 minute appointment with our practice nurse, Susan Marshall-. Bring a urine sample. SHOW HER THIS LETTER She will:

Check your blood pressure x 3 and record the best one. It should be below 140 / 90.

Record your height, weight and body mass index. It should be less than 25.

Check your 'urinalysis' and send to the laboratory only if positive.

Check the following blood tests:

FBC ESR CRP RBL TFTs BG Lipids, Ferritin, B12 , folate.

PSA (male sex, over 50)

Ask the desk team to leave a 15 m gap between the nurse appt and Dr appointment. The dr will:

Review the observations made by the nurse.

Check your lymph glands.

Listen to your heart and lungs.

Palpate (feel) your tummy for lumps and bumps.

Maybe do a 'DRE' (= digital rectal examination)- over 40 (exclude bowel cancer, over 50 - male sex, exclude prostate cancer)

*++++nb if you have a specific medical symptom please let the desk team know as they will need to allow half an hour with the doctor (further fee), or make a special appointment for it++++*

Results and feedback:

Some we will be able to give on the day.

Re blood tests, we will contact you if abnormal. if you would like a copy, email: results@graftonmedical.ie.

..........................................................................................................................................................................................................................

Office use: DESK- please - email to patient . Book 15 m nurse / 15 m gap / 15 (or 30 m) with Dr. Nb can do on different days as well.