

Summer 2011



Dundonald Medical Centre

# Practice News

## Benzodiazepines and Z Drugs

### Special points of interest:

- Benzodiazepines
- Contact Details
- Practice Information
- Practice Boundary



Over the next few months we will be contacting any patients who receive a regular prescription for benzodiazepines and Z drugs, e.g. diazepam, nitrazepam, temazepam and zopiclone.

These drugs are used to treat anxiety or as sleeping tablets. They are meant for short-term use i.e. 2-4 weeks. Long term use can cause a number of problems including tiredness, poor memory, low mood, falls, tolerance and dependence.

There are a small number of patients who may need to remain on a maintenance dose.

Severe heart disease  
Epilepsy management  
Seriously ill

This is not an exercise to save money as these drugs are extremely cheap.

Please remember this is to help your health and wellbeing.

Reduction should be done slowly reducing gradually over a number of weeks or months before finally stopping.

Do not stop this medication suddenly. Speak to one of the doctors for advice.

## Patient Contact Details

Over the last few months on a number of occasions the practice has had great difficulty contacting patients by telephone. On these occasions we have had to write instead. This takes much longer.

We would like all patients to inform reception if they change their telephone number or address.

We are happy to take mobile numbers if a land line is not available, if available we will take both numbers

Also we would like to have email addresses if possible. Please speak with reception regarding this.

**Dr Haslam is doing the annual Coastal Cycle Challenge on Sunday 19th June. He is hoping to raise funds for Marie Curie Cancer Care.**

## Practice Information

### Hours of Surgery

Open Access

Monday to Friday: 9.00 to 10.00am

Appointments

Monday to Friday: 9.00 to 10.00am

2.45 to 5.30pm

And 6.30 to 8.30pm one evening per week



### Reception Hours

8.30 am to 12.30 pm

2.00pm to 6.00 pm

The receptionists are there to help. They are trained to ask questions to provide the most appropriate service. Please be courteous and help them to help you.

### Treatment Room Hours

Open Access

Monday to Friday: 9.00 to 11.00am

Appointments

Monday to Friday: 3.00 to 5.00pm

## Practice Area

