

## Health Screening

The Dublin Women's clinic offers health screening to suit your needs. We aim to pick up problems early and offer treatment or better still through screening to prevent the problem occurring at all. We offer three health screen options, a full medical, a mini medical and a sexual health screen.

Health Screening	When to make an appointment?	How long will appointment take?	What do I need to do prior to appointment?
<b>General Consultation</b>	Anytime within surgery hours	15mins	Nothing
<b>Mini Medical</b>	Any weekday morning	30mins	Please remember to fast for 14 hours (no food but water allowed)
<b>Full Medical</b>	Any weekday morning	1hour 45mins	Fast for 14 hours. Bring completed medical questionnaire given to you when appt was made.
<b>STD Testing</b>	Any weekday	15 - 30mins	Avoid emptying your bladder for 2 hours prior to appointment.

## How to make an appointment with the clinic


We hold morning, afternoon and evening surgeries. Certain consultations call for more time with your doctor than others (e.g. cervical smears, health screening etc.) so when possible, please let the receptionist know and the appointment will be made accordingly. We are aware of the need to avoid delays but sometimes the nature of general practice makes the occasional hold-up unavoidable. We thank you in advance for your patience.

## Fees

Fees are determined by the nature of the consultation. For a schedule of fees please visit [www.slievemoregp.com](http://www.slievemoregp.com) or refer to our price list on the notice board in the waiting room alternatively ask one of our front desk staff who will be happy to provide any further information that you require.

### Doctors:

Dr. Conor O'Toole  
Dr. Thomas Grimm  
Dr. Siobhan McCourt  
Dr. Debbie Fitzgerald  
Dr. Georgina Connellan  
Dr. Clodagh Keenan

 slievemore  
general  
practice

### Practice Nurse:

Nurse Lita Griffin  
Nurse Kerry Naismith

*Dublin  
Women's  
Clinic*

### Opening Hours:

Mon, Tues, Wed, Thurs: 8am – 7.30pm  
Fri: 8am – 5pm  
Sat: 10am – 2pm

**Tel: (01) 200 0501  
(01) 200 0502**

## Mission Statement

We believe you should be able to approach your GP about any medical worry you have and expect to be treated with respect, while leaving with a good understanding of the problem and the prescribed treatment. Your GP should be like an interpreter for your body to give you a better understanding of what is wrong and why in plain English. We aim to make you feel at ease during times of physical and mental stress. We are also happy to see you when you feel perfectly well and just want to come in for a check-up. Preventive medicine is vital for a healthy future.

We believe in putting the patient first and try to offer appointments at times to suit you and your working day.

On average 90% of your medical problems can be dealt with directly by your GP without the need for further referral. General practice is by far the most efficient component of Ireland's health service, with rapid access to appointments and expertise. Here at Slievemore General Practice, we offer you a broad and comprehensive range of services so you can get as much as possible under one roof.

**Slievemore Clinic  
Home to**

*Dublin  
Women's  
Clinic*

[www.dublinwomensclinic.ie](http://www.dublinwomensclinic.ie)  
[www.slievemoregp.com](http://www.slievemoregp.com)

**Tel: (01) 200 0501  
(01) 200 0502**

**Email: [reception@slievemore-clinic.com](mailto:reception@slievemore-clinic.com)**

Old Dublin Road,  
Stillorgan,  
Co. Dublin



Caring for our patients since 1983

## Mini Medical involves the following:

- Consultation
- Blood pressure check
- Breast Examination
- Cervical Smear
- Blood tests  
Cholesterol, Diabetes, liver and kidney function, thyroid and iron levels checks.

Referral for DEXA scan or Ultrasounds if needed.



Mini Medical

## Full Medical involves the following:

- Breast exam, cervical smear test
- Electrocardiograph Heart Tracing (ECG)
- Lung Function test (Spirometry)
- Haematology Profile (FBC), Liver Function Tests (LFT),
- Kidney function tests (LFT), Thyroid function test
- Fasting Lipids (Cholesterol, LDL, HDL, Triglycerides)
- Fasting Glucose (Blood sugars)
- Haemochromatosis blood test
- Urine Analysis
- Faecal Occult Blood

Supplementary tests may be suggested and arranged in certain cases. These tests may need to be carried out in a local clinic, e.g. Blackrock Clinic, St Vincent's Hospital or Beacon Clinic and will carry an additional fee, for example,

- Chest Xray, Stress/Exercise ECG, DEXA Scan (for osteoporosis), Ultrasound Scan



Full Medical

## Sexual Health Screen involves the following tests for:

Chlamydia, Gonorrhoea, Hepatitis B, Hepatitis C, HIV, Syphilis, Trichomonas Vaginalis, Herpes and Genital Warts.

Testing will include a blood test, a urine test, a vaginal swab and in some cases a cervical smear.



Sexual Health

## Contraception

What is the best contraception for me? What has the least side effects, is it right for me at this stage of my life? These are the sort of questions that we are asked and that we discuss in detail with women attending the Dublin Women's Clinic. The following are some options that you may wish to research before making your decision, Combined Pill, Mini Pill, Patch, Vaginal Ring, Mirena Coil, Diaphragm, Injectable Contraceptive & the Implanon. Please visit our website for detailed information.



Contraception

## Female Fertility Consultations & Couple Fertility Services

This consultation reviews menstrual history and general health when trying to conceive with one of our female doctors.

Consultation includes:

- Day 3 & Day 21 hormonal blood tests as well as a thyroid and rubella blood test.
- Referral for pelvic scan for the woman.
- Referral for semen analysis for the man.
- Advice and support regarding fertility and trying to conceive.
- Referral to a fertility clinic if needed.



Fertility Consult

## Smears - The National Cervical Check Programme

Did you know that regular smear tests can help reduce your chance of cervical cancer by picking up any early changes that can be successfully treated? If you are between the ages of 25 and 60 you may be entitled to a free smear. You can check your eligibility on [www.cervicalcheck.ie](http://www.cervicalcheck.ie)

Once you have registered with **Cervical Check** and have your letter of invitation from them simply book in with us for your free smear. The best time for your smear test is between days 10 & 14 of your cycle.

The Dublin Women's Clinic also offers the cervical cancer vaccine at a competitive price and are happy to discuss the vaccine with you.



Nurse's Services

## Antenatal & Postnatal Care

At the Dublin Women's Clinic we operate the free Maternity & Infant Care Scheme. You are assessed as soon as you discover that you are pregnant and your care plan is explained. For your first pregnancy you are entitled to 5 free antenatal GP visits. For subsequent pregnancies, the entitlement is 6 visits. Postnatal visits include the baby's 2 week check and the mother & baby's 6 week check up.

Please make your appointments for the dedicated clinic day as advised by the receptionist and always remember to book appointment in as Antenatal care.

Your dedicated doctor sees you for every alternate visit with your hospital or midwife to ensure you and the baby are well and to discuss any health or lifestyle advice for your pregnancy.



Antenatal Care

## Paediatrics through to puberty



- Infant Care
- Developmental Care
- Immunisations
- Psychological Care

## Menopause

Menopausal symptoms can be very troublesome, the lack of sleep and hot flushes are exhausting and the mood swings and decrease in libido can be upsetting. If you would like to discuss how the menopause is affecting you and explore your options for treatment just make an appointment to see one of our lady doctors.

Your health needs and concerns change when you go through the menopause. It becomes especially important to prevent osteoporosis, screen for breast cancer, get checked for high cholesterol and monitor your blood pressure. Review the Health Screens that we offer.