

# The Homeopathy Clinic

## Patient Information



**Royal Victoria Hospital  
Homeopathy Clinic**  
Macmillan Day Care Unit  
Roxburghe House  
Jedburgh Road  
Dundee  
Telephone: 01382 423141

The aim of this leaflet is to give you information about the Homeopathy clinic.

### **What is Homeopathy?**

Homeopathy is a very safe form of medicine which treats you as a unique individual.

The choice of treatment depends more on your individual reaction to illness. This contrasts with many other forms of treatment which tend to focus more exclusively on the disease itself.

Homeopathy therefore is concerned with the whole person and not just the illness.

### **Homeopathy remedies**

Each remedy is selected with great care on the basis of your individual symptoms and circumstances. The medicines work by stimulating the body to heal itself.

Because they are so specific to you, the remedies can be used in a very diluted form. They are therefore very safe and non-addictive.

### **Can I take remedies and conventional medication?**

Remedies may be taken in addition to conventional medication, and **only** when symptoms improve and in consultation with your GP, should you reduce your conventional medication.

### **Are there any side-effects?**

Side effects from remedies are very rare. Because of this they are safe for babies, children, nursing mothers, during pregnancy and for the elderly.

Occasionally, patients may experience what is known as an “aggravation” or reaction to the remedies. This is usually a good sign that the remedy has triggered your body to respond. These symptoms disappear within a few days but if they are concerning you, stop the remedies and contact the clinic.

## **How to take remedies**

### **Some Do's and Do not's:**

#### **Do not**

Handle the tablets.

Remedies are delicate and handling them can affect the remedies' effectiveness.

#### **Do**

Tap the tablet onto the lid of the bottle or on to a clean spoon, then place the tablet under, or on to your tongue and let it dissolve in your mouth.

If your remedy has been supplied in the form of granules, a dose is equivalent to the amount that will cover the base of the cap or the contents of an entire paper sachet if this is how they are supplied.

#### **Do not**

Take anything to eat or drink for 15 minutes before and after taking the tablet.

Toothpaste is, in this case, considered to be a food so you should **not** take your tablet for at least 15 minutes after brushing your teeth.

#### **Do not**

Drink coffee while you are taking a course of homeopathic treatment as it can interfere with the action of the remedies.

#### **Do not**

Expose your remedy to anything scented.

### **Where do I obtain the remedies?**

Most pharmacies will order these for you and some remedies are available from health food shops. The Homeopathic Clinic issues its own NHS prescriptions and can issue repeat prescriptions where necessary.

We do not offer any other complementary therapies at the Homeopathic Clinic but we can sometimes advise on the suitability of the therapies for your particular problems.

### **Are there other aspects of treatment?**

- We often give dietary advice as part of your overall homeopathic care
- Bach Flower Remedies are also used by the doctors

### **What is the effectiveness of homeopathic treatment?**

Studies of the outcome of treatment in the Homeopathy clinic show that about 70% of patients experience at least some improvement in their symptoms.

About 40% of patients have a moderate to good improvement.

In order to evaluate the effectiveness of treatment in the clinic, we carry out regular audits.

This means that some information about you will be stored on computer but is anonymous as you will only be identified by a number.

This information is only available to the doctors and the office manager in the clinic. If you do not wish us to use your information, then please let us know.

### **Appointments**

The first time you attend the clinic, you will receive an appointment which will last about one hour.

Further appointments last about 20 minutes.

If you are unable to keep your first appointment, **please let us know as soon as possible** – we can then use that hour to treat others, which then helps us reduce the time people wait for an appointment.

Occasionally, due to unforeseen circumstances, it may be inevitable that appointments have to be cancelled at short notice. Should this occur, a new appointment will be arranged as soon as possible.

### **When is the homeopathy clinic held?**

Monday (morning) – Dr Malcolm FFHOM  
Monday (afternoon) – Dr Malcolm FFHOM  
Tuesday (morning) – Dr Malcolm FFHOM  
Tuesday (afternoon) – Dr Malcolm FFHOM

### **Where is the homeopathy clinic?**

The Clinic is situated in the grounds of Royal Victoria Hospital, Dundee.

### **Other information**

#### **Car parking:**

Car parking is available in the main car park.  
For disabled drivers, there is designated parking outside the clinic.

#### **Travelling expenses:**

If you receive Working Families Tax Credit, Jobseekers' Allowance or Disability Working Allowance, you can claim back the cost of your travel by public transport to and from the clinic.

You will be reimbursed on production of proof of receipt of these benefits and bus/train tickets.

#### **Public transport:**

**Bus 22/22C** stops in Blackness Road.

The Homeopathy clinic is situated in the Macmillan Day Care Unit, Roxburghe House, Royal Victoria Hospital, Dundee.

Developed by staff within NHS Tayside and has been reviewed by other staff and patients.

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