



## VISITING THE DOCTOR IN THE UK – AUG/2025

For minor ailments such as coughs and colds British people buy non-prescription medication from a pharmacy or supermarket. It is also possible to speak to a pharmacist in private to ask for advice about ailments and medication.

If you want to make an appointment to see a doctor the procedure varies from place to place, but at most surgeries this is what will happen:

- The surgery will be to get a doctor to call you to assess your symptoms (another reason why you will need a UK mobile number).
- After speaking to you the doctor will either tell you what medication to buy from the pharmacy (if they feel that's necessary) or make an appointment to see you.
- If you get a doctor's appointment you will need to take some form of identification with you and complete some forms, so arrive in plenty of time to do that.
- If you are an EU citizen make sure you remember your European health card (EHIC or GHIC).

Students who have travelled to the UK on a Student Visa will have paid the Immigration Health Surcharge as a part of their application. This entitles them to access to NHS GPs and emergency medical treatment. Students will be required to show evidence of their visa status. Students who have travelled to the UK on a term or semester programme will typically have done so on a Visitor Visa. These students will have access to Private GP appointments and NHS emergency care. However, this will incur a charge and this will need to be covered by your insurance provider. You may be required to pay for treatment upfront and then claim this back. Ensure you keep a receipt of any costs.