

## Information to Remember

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Make sure you know all this information about the university you will be attending

Write it down and keep it somewhere where you can access it easily

- ◆ Who is your registered GP at university
- ◆ Medication list
- ◆ Accommodation address
- ◆ Emergency contact details
- ◆ Most importantly, **ENJOY YOURSELF!!**

Created by Jane Parry and Tess McDermott, as Bracondale Practice Health Champions

Do you have a long term health condition?

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Are you going to University?

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Living away from home?



## Planning before you go

Deciding on what university you want to go to is a big step, but following this advice will help ease in making a decision, taking your medical condition into account.

- ◆ **Research** the university by looking at their website
- ◆ **Go** to an open day
- ◆ Have a good **look** around at the university
- ◆ **Where** is the university medical centre?
- ◆ **Where** is the nearest hospital?
- ◆ **Where** can you get medication?
- ◆ **What** is the accommodation like?

- ◆ **Ask** questions about your medical needs beforehand as not all universities have the same systems in place
- ◆ **Ask** your GP or medical consultant if there are any links to support in the area you have chosen
- ◆ **Make sure you let your parents/guardian know all this information as well**



## What to do when you get there

After getting into the university of your choice, what can I do once I am there?

- ◆ **Tell** the university tutors you have a medical condition
- ◆ **Register** with your GP at the university as soon as possible
- ◆ **Tell** flatmates about your medical condition, **BUT** only if you feel comfortable to do so
- ◆ **Know** what resources are available to you and your own specific needs

## Tips and Advice

- ◆ Never be afraid to ask any questions you want
- ◆ Will your medication affect your university lifestyle? As in needing more time in exams and deadlines for projects
- ◆ Have a system in planning, collecting and remembering to take your medication
- ◆ Listen to your body
- ◆ Managing your emotional and mental stresses and anxieties. Make sure you know what resources are available
- ◆ DO NOT FEEL pressurised by your peers
- ◆ If unsure about drinking alcohol in relation to medication then ASK
- ◆ Carry a card with details of your medical condition, any risks and current medication

