



## Obtaining your own Summary Care Records

### How to access your Medical Records

You can find detailed instructions here on how to obtain your medical records:

<https://www.nhs.uk/nhs-services/gps/view-your-gp-health-record/>

### Why we need your SCR

For our doctors to prescribe cannabis-based medication, they must review evidence of your medical history, including a formal diagnosis and documentation of at least two prior prescribed treatments (including prescription medication, physiotherapy, and talking therapies).

### Example SCR

Please click [here to view an example](#) of what an SCR should look like.

### How to obtain your SCR

Acquiring your Summary of Care records from the NHS is a straightforward process, and you can request it through various means. We recommend the following methods:

#### 1. NHS App or Patient Access (Fastest option)

This is typically the fastest and easiest option, and you should expect an update within two working days. See here for more information <https://www.nhs.uk/nhs-services/gps/view-your-gp-health-record>

## 2. Email your GP surgery or clinic

- Find your GP surgery's email online via the NHS website – [nhs.uk/service-search/find-a-gp](https://www.nhs.uk/service-search/find-a-gp)
- Send them an email to request your medical records. You can use the template below:

*Subject: Request for Summary of Care Records*

Hi there,

I trust this email finds you well.

My name is [your name], and I am a patient at your surgery. My date of birth is [your DOB] and my GP is [your GP].

I am writing to formally request a copy of my Summary of Care Records.

I appreciate your prompt attention to this request and kindly request guidance on the necessary steps to obtain my records.

Thank you for your assistance.

[Your name]

## 3. In person

If you encounter difficulties reaching your GP surgery through one of the methods above, consider visiting in person to request your records directly. Make sure to bring your ID, as it is likely the receptionist may request this. Please ensure that the address on your ID matches the documents on your records.

Remember, you are legally entitled to your records, and the surgery must provide them upon request. You are not obliged to provide a specific reason for your request, and if you wish to remain private, simply state that you are requesting records for a private appointment.

## **Private records**

If your diagnosis, medication, or treatment was provided privately, your NHS Summary of Care records may not include relevant information. In such cases, please contact the specialist or private service to obtain the necessary records.

## **How to submit your records to Lumir Clinic**

Once you have gathered your records, whether from the NHS or a private specialist, please send them as a PDF document to [hello@lumirclinic.co.uk](mailto:hello@lumirclinic.co.uk) or upload them in the Lumir Clinic App under the EMR section of the app. Sending your records as a PDF file ensures our doctors can promptly review your information, avoiding any delays in reformatting.

For physical copies of private records, please use a smartphone to scan them using a free app such as Adobe Scan. Alternatively, if you struggle to scan as PDFs, take a clear photograph and submit the file as a .jpeg or .png file.

## **Need additional help?**

We understand that sometimes things don't go to plan. If you've tried the above and still face challenges accessing your records through your surgery, please contact us.