





We wish all our patients and whanau a relaxing and enjoyable easter and well-deserved break

2026 FLU VACCINES AVAILABLE NOW – bookings open


Flu vaccinations are now available. Unfunded vaccines can be given immediately, with subsidised vaccines from 1 April. We will be running full-day flu clinics every weekday during the first two weeks of April then reducing the times of the clinics each day. (excluding weekends and public holidays). Appointments are open to everyone - you do not need to be a patient at PMC to book. To make a booking visit our website www.pegasusmedicalcentre.co.nz and select the “Flu Clinic” or call us on 03 920 4060 . Eligibility criteria and fees remain the same as 2025. Unfunded vaccines are priced between \$35 - \$45.




 **APPOINTMENT SLOTS** – Each **doctor’s appointment** is **15 minutes**, allowing enough time for one or possibly two issues if brief. If you have multiple concerns, please **book two appointments** (additional fees apply).

 **VASECTOMY** – We run a specialist clinic at PMC for ‘No Scalpel Vasectomies’. Book an initial consultation with reception for this specialist male procedure. Medical insurance may cover the procedure.

MOLE CHECKS – Being SunSmart (using sunscreen, hats, covering up when in the sun) lowers the risk of skin cancer. More info at www.sunsmart.org.nz. Full and single mole checks are offered to anyone (you don’t need to be enrolled). Cost is advertised on our website. You can book for that service with Dr John Dehn or Dr Roger Dehn. Health insurance may subsidise this specialist appointment. We are Southern Cross Affiliated Provider for Skin Cancer.


 **CERVICAL SCREENING CLINICS** – regular cervical screening (**smear tests or self-tests**) is one of the best ways to detect early changes that could lead to cervical cancer. Early detection means early treatment – and better outcomes. We have Clinics running weekly, these are led by our experienced practice nurses in a private, comfortable setting (funding available if you meet criteria).

 **ADHD DIAGNOSIS & TREATMENT** – Te Whatu Ora have made changes that allow GPs to diagnose and treat **attention deficit hyperactivity disorder (ADHD)**. Due to the complex nature of ADHD assessments, PMC had decided not to undertake ADHD assessments at this stage. Your GP is still able to refer you for assessment.

ADVANCED CARE PLANS - Living well your way with increasing health needs can take some

planning for the future. Advance care planning is the process of thinking about, discussing and writing down your wishes about the type of medical care and treatment you want, including end of life care. It is a living document and can be changed and updated at any time. This is a guide written in your own words, so health care professionals know your wishes.



 **SEXUAL HEALTH HELP** – if you are 14-17 years old, you can see a doctor or nurse for free. We respect your privacy, and everything you talk about stays confidential.