



Interior Health

North Shore Primary Care Centre
#103 – 376 Tranquille Road
Kamloops, B.C. V2B 3G6

Phone: 250-312-3288
Fax: 250-312-3289
Web: www.interiorhealth.ca

Welcome to North Shore Primary Care Centre

Transit

Buses #1, #2, and #10 stop in front of the building on Tranquille Road.

Parking

Parking is available at the rear of the building. Enter through the rear door and take the elevator or stairs down to the 1st floor.

Street parking is also available along Wood Street and on Tranquille Road.

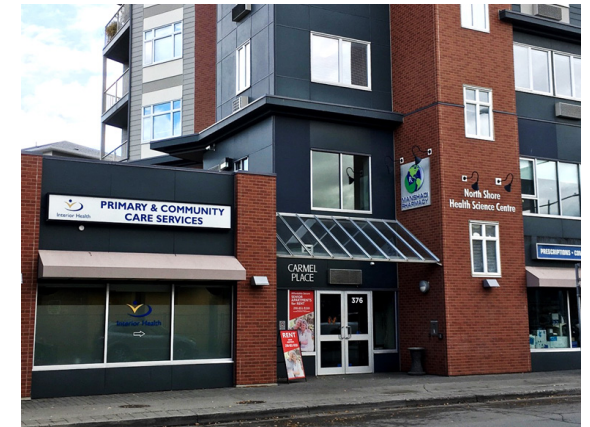
**To schedule an appointment,
call the centre:**

**8 a.m. to 6 p.m.
Monday to Saturday**

Closed Sundays and all
statutory holidays.

Phones are closed for lunch
12 p.m. to 1 p.m. daily.

*For attached patients only.
By appointment only.*



North Shore
Health Science
Centre

Our clinic offers Primary Health Care services for all ages

- Primary Care is designed to coordinate and integrate all of your health care
- Please ensure that you have all results and reports sent to your main Primary Care Practitioner at this clinic
- You may only have one Primary Care Practitioner at one time – so that you have safe and effective care

The Health Care Team

- You
- Nurse Practitioners
- Registered Nurse
- Social Worker
- Medical Office Assistants

To help us provide you with efficient, high quality care:

Be on time, and come prepared

- Have all your medications with you for each appointment
- Late appointments may need to be rescheduled
- 24 hours notice is required for cancelling appointments

Need a Rx refill? Book ahead

- Book an appointment well in advance, such as when you pick up your last remaining refill
- **See your pharmacist** if you have run out of medication and need a supply until your appointment

Urgent need?

- We offer some same-day appointments for urgent issues - call the clinic
- **For emergencies**, call **9-1-1** or go to the nearest emergency department
- **HealthLink BC** offers free health advice 24/7. Call **8-1-1** or visit www.healthlinkbc.ca

We are a scent-free facility

Scented products such as hair spray, perfume and deodorant can make some people feel unwell. Please do not wear perfumes, colognes and other strongly scented personal care products to the centre.



Smoking is not permitted.

All Interior Health properties are completely smoke-free.

This includes vaping products.

