

## Health Guide – Stockholm area

*Disclaimer:* This list is not meant to be exhaustive or definitive; nor does it represent either a guarantee of competence, or endorsement by the Department of State or the U.S. Embassy in Stockholm.

### EMERGENCY PHONE NUMBERS

Ambulance, Fire Department, and Police: 112

Poison Information Center: 010-456 6700 (in emergency call 112)

### 24-HOUR EMERGENCY HOSPITALS IN STOCKHOLM

<b>S:t Görans Sjukhus</b> (Sankt Göransplan 1) Kungsholmen	08-587 010 00
<b>Danderyds Hospital</b> Mörbygårdsvägen (off E18 north)	08-123 550 00
<b>Astrid Lindgren's Children's Hospital</b> (Anna Steckséns gata 35) Solna	08-517 700 00

### LOCAL HEALTH FACILITIES DURING WORKING HOURS

#### General Practitioners

**To Care Husläkarmottagning** Karlavägen 58 08-400 221 40  
Mon, Wed- Fri: 8 am-5 pm, Tue: 8 am- 8 pm. Telephone hours Mon- Fri: 8 am- 5 pm.  
[city@tocare.se](mailto:city@tocare.se)

**Stockholm Medical Office** Kommendörsgatan 44 08-545 816 70  
Mon- Thurs: 8 am- 5 pm. Fri: 8 am- 4 pm.  
[info@stockholmmedicaloffice.se](mailto:info@stockholmmedicaloffice.se)

#### Dental Clinics

**Jenny Tingstam** Sibyllegatan 5 08-660 22 23  
Mon- Fri: 8 am- 4 pm  
[info@jtingstam.se](mailto:info@jtingstam.se)

**Tandvården Sergel, Kim Byagård** Sergerls Torg 12, 8th floor 08-411 74 74 or 08-409 040 60  
Mon- Fri: 8 am- 5 pm  
[byagard@tandlakarhuset.nu](mailto:byagard@tandlakarhuset.nu)

Eye Clinics

**Ögonläkargruppen City** Holländargatan 4 08-587 10 111  
Mon- Fri: 8.30 am- 4 pm  
[info.ogonlakargruppen@ptj.se](mailto:info.ogonlakargruppen@ptj.se)

**S:t Eriks Ögonsjukhus** Polhemsgatan 50 08-672 30 00  
Mon- Fri: 8 am- 4 pm

Psychiatrist

**WeMind Psykiatri Stockholm** Rehnsgatan 20 08-406 00 40  
Mon- Fri: 8 am- 5 pm  
[info@wemind.se](mailto:info@wemind.se)

**Odenplans Läkarhus, Jan Martel** Odengatan 69, 13th floor 08-568 494 94  
Mon- Fri: 9 am- 5 pm

## LOCAL HEALTH FACILITIES AFTER WORKING HOURS

For medical conditions that are **not** emergencies during non-working hours call:

**Medical Advice Center** 1177 for health care advice (in English). Nurses will answer your call, give you advice or refer you to the closest medical facility if needed.

**DoctorHemma** 070-092 0112 for at home doctor's visits evenings, weekends and holidays.

Or visit:

For Lidingö residents:

**Husläkarjouren Lidingö** Stjärnvägen 2 08-767 06 70  
Mon- Fri: 5 pm-8 pm, Sat- Sun: 9 am-4 pm. Call for an appointment.

For Östermalm residents:

**Sabbatsbergs NäraKut** Dalagatan 9 08-672 39 90  
Mon- Fri: 5 pm-10 pm, Sat-Sun: 8 am-10 pm Phone. Call for an appointment.

*For Södermalm residents:*

**Söderjouren Närakut** Ringvägen 113

08-123 398 00

*Mon- Fri: 5 pm-10 pm, Sat- Sun: 8 am-10 pm. Call for an appointment.*

*For pediatric medical conditions that are **not** emergencies during non-working hours you can also visit:*

**CityAkuten Närakuten Barn** Karolinska Sjukhuset, Building Q10

08-517 786 19

*Mon- Sun: 8 am- 10 pm*

**Martina Children's Hospital** Valhallavägen 91 F,

08-120 231 10

*Mon- Fri: 8 am- 8 pm, Sat- Sun: 10 am - 4 pm.*

*After hours Dental Clinics:*

**Tandjouren** St Eriksgatan 53 B, door code 7485

070-400 50 51

*Mon- Thu: 5 pm- midnight, Fri: 3 pm- midnight, Sat- Sun: 11 am- midnight. Call for appointment.*

**CityAkuten Tand** Olof Palmes Gata 13 A

010-601 02 01

*Mon- Sun 8 am- 8 pm*

## **PHARMACIES (APOTEK) IN STOCKHOLM**

Regulations governing the sale of pharmaceuticals in Sweden are strict. A prescription is often required to purchase medicine that could be purchased over the counter in the United States, such as strong cough medicine. Prescriptions are obtained from a doctor or midwife. American prescriptions are *not* honored in Sweden.

Pharmacies are typically open between 10am and 6pm. Hours vary around the city however, so please become familiar with the Apotek nearest your home and the hours they are open. They offer a variety of over-the-counter products such as shampoo, soap, toothpaste and such items; these items are also sold in supermarkets and are less expensive there.

**Apoteket C W Scheele** Klarabergsgatan 64

0771-450 450

*24 hour service all year.*

*For pharmacies closer to your home; look for signs with the word "Apotek" and note their open hours.*