**Manuscript title in bold with no abbreviations**

Text here.

N.B. Single page articles should not normally exceed 600 words in the body of the text, and double page articles 1100 words (excluding title, references, tables or figure captions).

Insert references at the appropriate place in the text as numbers within square brackets [1, 2] and ensure they are listed in numerical order at the end of your submission [3-5].

Tables should be included in the same file as the text, after the References.

See instructions for Figures below.

**Subheading as appropriate**

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*Acknowledgements: if required*

**Submitting author 1 name**

*Position, address*

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*Position, address*

**Submitting author 3 name**

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Twitter: @author1; @author2; etc

***References***

1. Author AB, Author CD. Title of paper in sentence case so not capitals throughout. *Journal Title Written Out in Full* 2010; **12**: 123-4.

2. Title of website. Title of document, year. www.URL.co.uk/link.pdf (accessed 6/6/2021).

3. Author AB, Author CD, Author EF, et al. Seven or more authors – what’s the point? (chapter title). In: Editor GH, Editor IJ, eds. Title of Book. Place: Publisher, 2010: 345-67.

4. Author AB. Book Title, 5th edn. Place: Publisher, 2010.

Table 1. No explanation needed if clear from text, otherwise see below

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Table 2. *explanation e.g.* Characteristics of patients receiving vecuronium or rocuronium for caesarean section

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**Figure captions**

Figure 1. Include explanatory text if necessary e.g. a – artery; v – vein

*Otherwise*

Figure 2 [no caption]

**Provide figure files as separate attachments in your submission**