

THERE ARE MANY HEALTH PROBLEMS WHICH DO NOT NEED A DOCTOR OR NURSE

PLEASE HELP US BY BEING PREPARED TO GIVE THE RECEPTIONIST A BRIEF DESCRIPTION OF YOUR PROBLEM SO THEY CAN DIRECT YOU TO THE APPROPRIATE HEALTHCARE PROFESSIONAL

PHARMACY

Coughs and colds
Conjunctivitis for those aged over 1
Sore throats and earache for ≤ 3 days
Verrucas
Constipation
Smoking cessation
Hay fever

Mouth ulcers and cold sores
Dry skin, nappy rash, impetigo, abrasions, bruises, insect bites, sunburn
Emergency contraception and thrush
Head lice
Pain relief
Piles

UTI's
Scabies

NURSE

Cervical screening
Travel advice and vaccinations
Flu vaccinations for those under 5 and pregnant women
Wound dressings and suture /staple removal

Ear Syringing
Minor injuries
Chronic disease management of:
Asthma, atrial fibrillation, cardiovascular & heart failure, COPD, diabetes, heart disease, hypertension, kidney disease, peripheral arterial disease and stroke

DENTIST

Any condition involving your mouth or teeth

PHYSIOTHERAPY

You can self-refer to the physiotherapist for any conditions requiring physio treatment.
Please collect a self-referral card from reception or telephone
0800 917 9390

OPTICIAN

Dry, red, sore, watery or itchy eyes
Squints in children
Flashing lights
Headaches when reading and watching T.V.

Cysts and styes
Conjunctivitis
Corneal ulcers or abrasions
Reduced or double vision
Blepharitis (inflammation of the eyelid edge)

PODIATRIST

For Foot Problems
You can self-refer to the Podiatry Service:
Collect a form from reception or download from our website

RECEPTION

Queries about your outpatient hospital appointments? Contact:
✓Royal Infirmary – **0131 536 1000**
✓Western General Hospital – **0131 537 1000**
If you need any further help after asking the hospital, please speak to a receptionist

HEALTHCARE ASSISTANT

Blood pressure checks
Flu vaccinations
Phlebotomy (taking blood)

Height and weight checks
Urine testing

SMOKING

Local smoking cessation telephone helpline is:
0131 672 9532

Visit our website for more information at <http://www.health-service.ed.ac.uk>