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.

- **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**
- **UTI's**
- **Piles**
- **Scabies**

**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

- **Any condition involving your mouth or teeth**
- **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**
- **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)**

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

- **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

- **Blood pressure checks**
- **Flu vaccinations**
- **Phlebotomy (taking blood)**
- **Height and weight checks**
- **Urine testing**

- **Local smoking cessation telephone helpline is:**
  - 0131 672 9532

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