

**THERE ARE MANY HEALTH PROBLEMS WHICH DO NOT NEED A DOCTOR OR NURSE
LOOK AT THE FOLLOWING WEBSITE FOR INFORMATION FIRST OR CONSIDER USING
THE eCONSULT FUNCTION ON OUR WEBSITE**

<https://www.nhsinform.scot>

**IF YOU DO FEEL YOU NEED FURTHER ADVICE, 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	Mouth ulcers and cold sores
Conjunctivitis for those aged over 1	Dry skin, nappy rash, impetigo,
Sore throats and earache for ≤ 3 days	abrasions, bruises, insect bites,
Verrucas	sunburn, scabies
Constipation	Emergency contraception
Smoking cessation	Thrush
Hay fever	Head lice
Pain relief	Piles
Antibiotics for UTI and skin infections	Shingles treatment

NURSE

Cervical screening	Minor injuries
Travel advice and vaccinations	Chronic disease management of:
Flu vaccinations for those under 5 and in pregnancy	Asthma, atrial fibrillation,
Wound dressings and suture /staple removal	cardiovascular disease, COPD, diabetes, hypertension, kidney disease, peripheral arterial disease and stroke

HEALTHCARE ASSISTANT

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

PHYSIOTHERAPY

You can get advice at :
<https://www.nhsinform.scot/care-support-and-rights/nhs-services/helplines/musculoskeletal-msk-helpline>
We also have an Advanced Physiotherapy Practitioner who works at the practice – they can provide expert assessment of musculoskeletal conditions. Please speak to a receptionist to book an appointment for assessment

OPTICIAN

Dry, red, sore, watery or itchy eyes	Cysts and styes
Squints in children	Conjunctivitis
Flashing lights	Corneal ulcers or abrasions
Headaches when reading and watching T.V.	Reduced or double vision
	Blepharitis (inflammation of the eyelid edge)

PODIATRIST

For Foot Problems you can self-refer to the Podiatry Service:
Download the form from our website

HOSPITAL APPOINTMENTS

Queries about your outpatient hospital appointments? Contact:
✓ Royal Infirmary – **0131 536 1000**
✓ Western General Hospital – **0131 537 1000**
✓ St John's Hospital – **01506 523000**
If you need any further help after asking the hospital, please speak to a receptionist at the practice

DENTIST

Any condition involving your mouth or teeth