

Use the NHS wisely

There are many simple health problems which can be treated safely without seeing a doctor or nurse. Many services are available direct to patients and these are often just as fast as seeing your GP. It is important that everyone makes use of these great services to ensure that local GP and A+E services are available for serious health problems.

Local services you can contact for health advice, information or treatment:

Pharmacist

- Coughs & Colds
- Conjunctivitis (over 1yr)
- Sore throats and earache for less than 3 days
- Verrucas
- Constipation
- Stopping smoking
- Hay-fever
- Mouth ulcers
- Cold sores
- Dry skin
- Nappy rash
- Insect bites
- Sunburn
- Emergency contraception
- Thrush
- Head lice
- Pain relief
- Piles
- Urine infection in women 16-65

Hospital

- The practice does not have access to the hospital appointments system.
- If you have a Query about an Out Patient Appointment contact the hospital and ask for the appointments team:

- ROYAL INFIRMARY: 0131 536 1000
- WESTERN GENERAL: 0131 537 1000
- ROODLANDS: 0131 536 8300
- SICK KIDS: 0131 536 0000
- ST JOHNS: 01506 523 000

Dentist

- Any condition involving your mouth or teeth - see your dentist

Practice Nurse

- Contraception
- Cervical screening tests
- Travel advice & vaccinations
- Flu vaccinations for under 5's & those who are pregnant
- Minor injuries
- Chronic disease management of: Asthma, atrial fibrillation, heart disease, COPD, diabetes, high blood pressure, kidney disease, arterial disease and stroke.

Treatment Room

- Minor injuries
- Wound dressings & suture removal.
- Urine sample analysis
- Phlebotomy (blood tests)
- Cervical smears
- Injections (such as B12)

Physio

- The NHS inform website has lots of information on muscle and joint problems
- You can self refer for physiotherapy by calling [0800 917 9390](tel:08009179390)

Podiatry

- You can self refer to the podiatry service at Roodlands
- Forms are available at reception or on the practice website

Smoking

- Smokefree Lothian provides advice and support to help you stop smoking
- You can self refer by calling [0131 537 9914](tel:01315379914)

Optician

- Dry, red, sore, watery, sticky or itchy eyes or eyelids.
- Squints in children over 3
- Flashing lights
- Headaches when reading or watching TV.
- Cysts and styes
- Conjunctivitis
- Corneal ulcers or abrasions
- Reduced or double vision incl. cataracts
- Blepharitis (inflammation of the edge of eyelids).