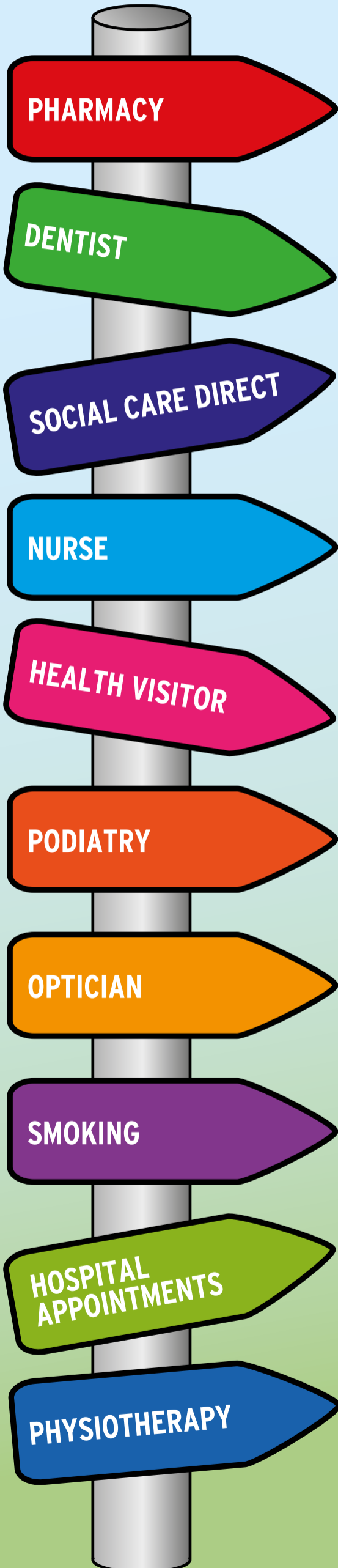


# FINDING YOUR WAY...

Many problems can be dealt with better and more quickly by another healthcare professional...



- ☞ Coughs & colds
- ☞ Conjunctivitis for those aged over 1 year
- ☞ Sore throats & earache for less than 3 days
- ☞ Warts & verrucas
- ☞ Constipation
- ☞ Smoking cessation
- ☞ Hay-fever
- ☞ Mouth ulcers
- ☞ Dry skin, nappy rash, small patches of impetigo, abrasions, bruises, insect bites & sunburn
- ☞ Emergency contraception
- ☞ Head lice
- ☞ Cold sores
- ☞ Thrush
- ☞ Pain relief
- ☞ Piles
- ☞ Athletes Foot

☞ Any condition involving your mouth and teeth.

☞ Social work help, advice about benefits, care at home, carer's support 0131 200 2324

- ☞ Flu vaccinations
- ☞ Contraception pill review
- ☞ Cervical screening tests
- ☞ Travel advice & vaccinations
- ☞ Minor injuries
- ☞ Blood pressure checks
- ☞ Wound dressings & suture removal
- ☞ Chronic disease management of: Asthma, atrial fibrillation, cardiovascular disease, COPD, diabetes,
- ☞ heart disease & heart failure, hypertension, kidney disease, peripheral arterial disease & stroke
- ☞ Phlebotomy (bloods taken)
- ☞ Height/weight checks

☞ Children's problems including: breast feeding, formula feeding, sleeping, minor illness, immunisation questions. 0131 334 5086

☞ You can self refer to the Podiatry Service. Ask for a form at reception.

☞ All eye conditions should be seen by an optician first for their expertise. They also have the correct equipment for eye examination. You can see an Optician for dry, red, sore, watery, sticky or itchy eyes, cysts, styes and conjunctivitis.

☞ Smokefree North Edinburgh 0131 537 4352 or your local pharmacy.

☞ For any queries about your hospital appointment you should first contact:  
Royal Infirmary 0131 536 1000 Western General 0131 537 1000 St John's 01506 523 000  
To arrange patient transport call 0300 123 1236

☞ For advice and self care with a joint or muscle problem contact NHS Inform on 0800 917 9390 or [www.nhsinform.co.uk/msk](http://www.nhsinform.co.uk/msk)

Further advice and information about your health can be found on [www.nhsinform.co.uk](http://www.nhsinform.co.uk) or [www.ladywelleast.co.uk](http://www.ladywelleast.co.uk)