

NEED AN APPOINTMENT?

As well as GP appointments, your GP Practice has other

options available, such as telephone appointments with a GP, appointments with Practice Nurse and other Primary Care Staff. To help our receptionists find the best appointment for you they may ask the nature of your problem. This helps them direct you to the most appropriate person in the practice. Please be assured reception staff are bound by the same confidentiality rules as GPs / Nurses. There are also places in Midlothian where you can get help and advice if you are unwell including:



+ Coughs & colds	+ Hayfever	+ Head lice
+ Conjunctivitis (over 1 year)	+ Mouth ulcers	+ Cold sores
+ Sore throat/earache (less than 3 days)	+ Dry skin, nappy rash	+ Thrush
+ Warts & verrucas	+ Small patches of impetigo	+ Pain relief
+ Constipation	+ Bruises, insect bites & sunburn	+ Piles
+ Smoking cessation	+ Emergency contraception	+ Athletes foot
+ Any condition involving your mouth and teeth.		
+ For social work help, advice about benefits, care at home and carer support phone 0131 271 3900		
+ Flu vaccinations	+ Chronic disease management of: Asthma, Atrial Fibrillation, Cardiovascular Disease, COPD, Diabetes, Heart Disease & Heart Failure,	Hypertension, Kidney Disease, Peripheral Arterial Disease and Stroke
+ Contraceptive pill review		+ Height/weight checks
+ Cervical screening		
+ Travel advice & vaccinations		
+ Blood pressure checks		
+ Minor injuries, wound dressings and suture removal. Continence care, ear syringing and injections.		
+ Blood tests authorised by the clinical team.		
+ Children's problems including: breast feeding, sleeping, minor illness, and immunizations.		
+ All eye conditions should be seen by an Optician first as they have the correct equipment for an eye examination. You can also see an optician for dry, red, sore, watery, sticky or itchy eyes, cysts, styes and conjunctivitis. Opticians can refer directly to hospital Eye Specialists at the Eye Pavilion when necessary.		
+ You can self refer to the podiatry service. Ask for a form at reception.		
+ For queries about a hospital appointment after you have been referred by your GP you should contact the Royal Infirmary on 0131 536 1000, the Western General on 0131 537 1000, St John's on 01506 523 000, Roodlands Hospital on 0131 536 8300 or the Royal Hospital for Sick Children on 0131 536 0000. These are main switchboard numbers so you will need to tell the receptionist which department you have been referred to. To arrange Patient Transport call 0300 123 1236		
+ Contact Smoke Free Lothian on 0131 537 9914 or your local Pharmacy.		
+ For advice or an appointment for muscle or joint problems – back, knee, hip or neck pain phone 0800 917 9390 or go to www.nhsinform.scot/msk		
+ Nurse Practitioners can see you for the following problems: Abscess, Allergy, Asthma (Acute)/ COPD exacerbation, Bites/ stings, Bleeding between periods, Burns, Chickenpox/ shingles, Cold sores, Coughs/ colds/ chest infection,	Contraception, Cuts, Cystitis, Diarrhoea and vomiting, Earache, Eczema/psoriasis, Flu, Head injury (minor), Head lice/scabies Heartburn, Impetigo/skin infections, Minor injuries (Grazes/ sprains etc), Mouth Ulcers/ oral thrush, Mumps, Nappy	Period pain/problems, Piles/ Haemorrhoids, Rashes Ribs – painful, Skin infections, Sore throat/tonsillitis, Sexually Transmitted Infections, Sunburn, Temperature/ Hot child, Thrush, Urine infections Vaginal Discharge, Veruccas/warts, Worms