

# POLWARTH MEDICAL PRACTICE

## Had to wait for an appointment?

Currently 20% of doctors appointments could have been dealt with by another healthcare professional.

### OPTICIAN

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

### PHARMACY

Coughs & colds	Mouth ulcers
Verrucas	Cold sores
Constipation	Conjunctivitis for those aged over 1 year
Smoking cessation	Sore throats & earache for less than 3 days
Hay-fever	Dry skin, nappy rash, abrasions, bruises, insect bites & sunburn
Emergency contraception, thrush	
Uncomplicated urine infection	
Minor skin infections	

### RECEPTION

For any queries about your hospital Out Patient Appointment you should first contact:  
Royal Infirmary: 0131 536 1000 or Western General: 0131 537 1000  
If you need further help after asking the Hospital, please speak to a Receptionist.

### DENTIST

Any condition involving your mouth or teeth.

### NURSE

Blood pressure checks. Flu vaccinations.  
Stitch/staple removal.  
Cervical screening tests. Travel advice & vaccinations (please see reception for Travel Form)  
Ear syringing. Wound dressing  
Minor injuries.  
Blood tests.  
Height/weight checks.  
Chronic disease management of:  
Asthma, atrial fibrillation, cardiovascular disease, COPD, diabetes, heart disease & heart failure, hypertension, kidney disease, peripheral arterial disease & stroke.

### PODIATRY

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

### SMOKING

Local "stop smoking" telephone helpline is 0131 537 7154 or 0131 286 5113

### PHYSIOTHERAPY

You can self refer to the physiotherapy for any conditions requiring physio treatment. Please call 0800 917 9390

### HEALTH VISITORS

Children's problems including: breast feeding, sleep issues, please phone 0131 536 9770

Please be prepared to give the receptionist a brief description of your problem so they can ensure you are seen as quickly as possible by the correct health professional. Visit our website for more information at: [www.polwarthmedicalpractice.co.uk](http://www.polwarthmedicalpractice.co.uk)