

# UNIVERSITY HEALTH SERVICE

IF CALLING FOR ADVICE PLEASE BE PREPARED TO GIVE THE RECEPTIONIST A BRIEF DESCRIPTION OF YOUR PROBLEM SO THEY CAN DIRECT YOU TO THE APPROPRIATE HEALTHCARE PROFESSIONAL

For further advice go to – [www.nhsinform.scot](http://www.nhsinform.scot) or [www.health-service.ed.ac.uk](http://www.health-service.ed.ac.uk)

## PHARMACY

Coughs and sore throats  
Conjunctivitis for those aged over 1  
Verrucas  
Constipation & piles  
Smoking cessation  
Hay fever  
Pain relief

Mouth ulcers and cold sores  
Skin problems  
Emergency contraception  
Thrush  
Antibiotics – UTI and skin infections  
Shingles treatment

## MINOR INJURIES

Call Minor Injury Assessment Team on 111.  
Adults & children >18 months who have a recent minor injury:  
• strains & sprains • wounds & minor burns • minor bumps to head & face  
• simple eye injuries • insect bites & stings

## PRACTICE NURSE

Contraception  
Cervical screening  
Wound care

Chronic disease management of conditions including asthma & heart disease

## HEALTHCARE ASSISTANT

Blood pressure checks  
Phlebotomy (taking blood)

Height & weight checks  
Urine testing

## VACCINATIONS & TRAVEL

Routine vaccinations including flu, shingles are now arranged centrally  
Travel information and vaccines –  
<https://www.fitfortravel.nhs.uk/home> <https://weare.nhslothian.scot/travelclinics/>

## PHYSIOTHERAPY

For routine advice:  
<https://www.nhsinform.scot/care-support-and-rights/nhs-services/helplines/musculoskeletal-msk-helpline>  
Advanced Physiotherapy Practitioner in practice – provides expert assessment of musculoskeletal conditions. Speak to reception to book an appointment.

## OPTICIAN

Dry, red sore or itchy eyes  
Eye infection

Changes to eyesight  
Squints in children

## PODIATRIST

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

## DENTIST

Any condition involving your mouth or teeth

## 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.

## MENTAL WELL-BEING

Breathing Space 0800 838587 [breathingspace.scot](http://breathingspace.scot)  
Samaritans 116 123 [Samaritans.org](http://Samaritans.org)