

For any eye problem your first port of call should be an optometrist. An optometrist is the best person to assess urgent eye problems, check for eye disorders and treat eye conditions. They have the professional training and necessary equipment to assess most eye problems and will refer you to see a specialist when necessary. All appointments are NHS funded.

This service can be used for any concerns you may have with the health of your eyes including (but not limited to):

Red eye(s)	Something in your eye
Sore eye(s)	Eye infections
Deterioration of eyesight	Other disturbance of eyesight
Cataracts	Scratched eye(s)

If you already have your own optometrist you should contact them in the first instance as having previous clinical records is very useful.

If you do not already have an optometrist there is a list of those in the local area on the back of this sheet. Please contact them and they will arrange to see you. You can also choose to visit any optometrist providing NHS services for treatment.

Note that when you contact the optometrist of your choice their staff will assess your symptoms and offer you an appropriate appointment. The time you will have to wait will depend on the severity and duration of your symptoms. Emergency problems will be seen quickly. If your problem is urgent and they cannot manage to see you they will find someone who can.

After the appointment they may send you to a local pharmacy or request a prescription from your GP for appropriate medication or, if necessary, refer you to a hospital specialist. A report will be sent to your GP so they have a complete record.

## Lothian Eye Health Network Practices – WEST LOTHIAN

Asda Stores Ltd Almondvale Road South Livingston EH54 6NB 01506 835980	Boots Opticians Ltd 88/89 Almondvale South Livingston EH54 6HR 01506 432764	Boots Opticians Ltd 2-4 George Street Bathgate EH48 1PW 01506 653326	C M Optical 4 West Main Street Armadale EH48 3QA 01501 731200
C M Optical 5 West Main Street Whitburn EH47 OQB 01501 742020	Eye Tec Unit E1 Regent Centre Linlithgow EH49 7HU 01506 847686	Hendry Opticians 17 High Street Linlithgow EH49 7AB 01506 842751	Ian Dempster 11 The Mall Craigshill Livingston EH54 5DZ 01506 433331
James G Cuning Optician 12 Hopetoun Street Bathgate EH48 4EU 01506 652047	Optical Express Unit 331 Almondvale South Livingston EH54 6HR 01506 444930	Optical Express 38 George Street Bathgate EH48 1PD 01506 655393	Optimeyes Opticians 10-12 East Main Street Broxburn EH52 5AE 01506 856766
Robert Callander Opticians 61 High Street Linlithgow EH49 7ED 01506 670766	Specsavers Opticians 48 George Street Bathgate EH48 1PG 01506 815820	Specsavers Opticians 315 The Elements Almondvale Shopping Centre Livingston EH54 6GS 01506 430819	Stewart Opticians 82 North Bridge Street Bathgate EH48 4PN 01506 631656
Stewart Opticians 39/43 East Main Street Broxburn EH52 5AB 01506 856672	Tesco Opticians Tesco Store Blackburn Road Bathgate EH48 2HS 0131 289 1543	Vision Express Unit 121 Almondvale Centre Livingston EH54 6HT 01506 444307	Wallace Opticians 33A West Main Street Whitburn EH47 OQB 01501 740855