

Have you had to wait for an appointment? Some appointments can be dealt with by other services.

Please be prepared to give the receptionist a brief description so they can ensure you are seen as quickly as possible by the correct healthcare professional.

Pharmacy

●Coughs & Colds ●Conjunctivitis ●Sore throats & earaches for less than 3 days
●Verrucas ●Constipation ●Head lice ●Smoking cessation ●Hayfever ●Mouth ulcers & cold sores ●Dry skin, nappy rash, small patches of Impetigo, abrasions, bruises, insect bites, & sunburn

Optician

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

Dentist

Any condition involving your mouth or teeth.

Physiotherapy

You can self refer to the physiotherapist for any conditions requiring physio treatment. Please collect a self referral card from the reception or telephone: 0800 917 9390
Visit: www.nhsinform.co.uk/msk

Hospital Reception

For any queries about hospital outpatient appointments please contact:
Royal Infirmary 0131 536 1000 -OR-
Western General 0131 537 1000

Healthcare Assistant

●Blood pressure checks ●Flu vaccinations (adults only) ●Urine checks
●Phlebotomy (blood tests) ●Height/weight checks ●Simple dressings

Nurse

●Contraception (pill checks, implants counselling, depo) ●Cervical screening tests ●Travel advice & vaccinations ●Ear syringing ●Flu vaccinations ●Wound dressings & suture removal ●Minor injuries
●Chronic disease management of Asthma, cardiovascular disease (including heart disease, heart failure, peripheral arterial disease & stroke), COPD, Diabetes, & Hypertension ●Weight management advice

Podiatry

You can self refer to the Podiatry Service. Mountcastle Clinic: 0131 536 1627 or pick up a referral form from Milton Surgery reception.

Alcohol or Drug Use

The Recovery Hub offers access to services & support. Contact: 0131 661 5294.

Smoking

The local 'stop smoking' helpline is: 0131 537 7154