

Slateford Medical Practice - Signpost Guide

Optician → ALL eye conditions should be seen by an optician first for their expertise. 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, conjunctivitis.

Pharmacy → Coughs & Colds.
Conjunctivitis for those aged over 1 year.
Sore throats & earache for less than 3 days.
Verrucas, Constipation.
Smoking cessation, Hay-fever.
Mouth ulcers, Cold sores.

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.

Health Care Assistant → Blood pressure checks.
Flu and B12 vaccinations.
Urine checks.

Nurse → Contraception, Cervical screening tests. Travel advice & vaccinations.
Ear syringing. Flu vaccinations for over 65s, under 5s & those who are pregnant. Pneumococcal and shingles vaccinations
Wound dressings & suture removal.
Minor injuries.
Chronic disease management of: Asthma, cardiovascular disease, COPD, diabetes, heart

Practitioner → We have 2 fully trained Nurse Practitioners who offer both on the day and prebookable appointments. Both Practitioners can prescribe and refer and are trained to treat a wide range of problems. They also deal with all contraceptive advice and
You can self refer to the Podiatry Service upstairs : **0131 536 1627**

Podiatry →

Smoking → Local "stop smoking" telephone helpline is **0131 537 7154**

Physiotherapy → For people experiencing muscle, back or joint problems, including Physiotherapy contact the NATIONAL MUSCULOSKELETAL ADVICE & TRIAGE SERVICE (MATS) **0800 917 9390**

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 healthcare professional.

Visit our website for more information at:
www.slatefordmedicalpractice.co.uk

With thanks to Baronscourt Surgery