

# Do I need to see my GP?

There are many health problems that you do not need a GP appointment for. Our Patient Care Advisors can help direct you to the right service for your problem, as detailed below. There is also a range of self help advice on the NHS Inform website- [www.nhsinform.scot](http://www.nhsinform.scot)

## Pharmacy

**Minor Ailments** - Pharmacists are qualified to provide advice and treatment for:

- Athletes Foot
- Cold Sores
- Conjunctivitis for those over 1 year
- Constipation
- Coughs & Colds
- Dry Skin
- Earache for less than 3 days
- Emergency Contraception
- Hay fever
- Head lice
- Impetigo
- Insect Bites
- Mouth Ulcers
- Nappy Rash
- Pain Relief
- Piles
- Smoking Cessation
- Sore throats for less than 3 days
- Sunburn
- Thrush
- UTI ( Check criteria)
- Warts & Veruccas

## Dentist

**Any condition affecting your teeth and gums** - Your own dentist is the best person to see and can prescribe appropriate medication (including antibiotics) if required. If you are not registered with a dentist you can access emergency dental treatment at Chalmers Dental Clinic in Edinburgh Monday to Friday between 9am-6pm (attend before 3pm). Telephone 0131 536 4800 for more information

## Opticians

**Eye Problems** – All eye problems should be seen by an Optician first. They have the specialist knowledge and equipment to diagnose and treat eye conditions. Your **own** optician will also deal with the following eye problems:

- Conjunctivitis, blepharitis
- Cysts and styes
- Corneal ulcers or abrasions
- Dry, red, sore, watery, sticky or itchy eyes,
- Reduced or double vision and flashing lights

## Hospital

**Hospital Appointments** - The practice does not have access to the hospital appointments system. If you have a query about an out-patient appointment or about where you are on the waiting list for an operation or procedure, please contact the hospital and ask for the appointments team:

Eye Pavilion: 0131 536 3920

East Lothian Community Hospital (previously Roodlands): 0131 536 8300

Lauriston Buildings: 0131 5361000

Royal Hospital for Sick Children: 0131 536 0000

Royal Infirmary: 0131 536 1000

St Johns, Livingston: 01506 523 000

Western General: 0131 537 1000

## Podiatry

**Conditions affecting your feet and lower limbs** - You can self-refer to the Podiatry Service by calling 0131 536 1627, or ask for a form at Reception.

## Sexual Health

**Sexual Health and Family Planning** - The NHS Chalmers Centre provides specialist advice and treatment for all sexual health and family planning issues, including contraception, sexually transmitted infections HIV, pregnancy, termination & sterilisation. A local clinic is held at Tranent Health Centre, Loch Road, Tranent ( age 13 upwards) Check the Lothian Sexual Health website for details or call 0131 536 1070

## Social Care

**Social Care** - Advice on benefits, housing, care at home, children's and older people's services, family support. Contact East Lothian Social Work Department on 01875 824 309.

## Physiotherapy

**Muscle Pain** - If you are aged 16 and over you can self-refer to Physiotherapy by contacting the Musculoskeletal Advice & Triage Service on 0800 917 9390. This is for any neck, shoulder, back, knee, ankle, or musculoskeletal conditions. **Please note a referral from your GP will not let you be seen more quickly.**

## Alcohol/ Drugs

**Alcohol and Drug Use** – You can self refer to the Gateway to Recovery Clinic for support with alcohol and drug issues.

East Lothian Substance Misuse Service can offer substitute prescribing, advice and liaison with other services.

Telephone 0131 446 4853.

## Strive

Assist with health, stress, isolation, depression, anxiety, housing, benefits, alcohol, finances and many other matters. Call 01875 615 423 or email [info@strive.me.uk](mailto:info@strive.me.uk)

## Citizens Advice

Provide assistance and advice on financial matters, benefits etc. Telephone 01620 824471 (Haddington) or have a look at their website [www.haddingtoncab.org.uk/](http://www.haddingtoncab.org.uk/)

## Health Visitor

Pre-school children's problems including: child development, breastfeeding, formula feeding, sleeping, minor illness and immunisation questions. Telephone 01620 824 519

## Stop Smoking

To see a Smokefree Lothian Advisor in Haddington – Contact Smokefree Lothian on 0131 537 9914