

Portobello and Conan Doyle Surgeries - Signpost Guide

Had to wait for an appointment?

Currently 20% of doctors appointments could have been dealt with by another healthcare professional. That would equal another whole doctor each week.

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. Dry skin, nappy rash, small patches of impetigo, abrasions, bruises, insect bites & sunburn. Emergency contraception, Thrush.
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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 vaccinations. Urine checks. stitch/staple removal	Phlebotomy (bloods taken). Height/weight checks.
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Nurse

Contraception, Cervical screening tests. Travel advice & vaccinations. Ear syringing. Flu vaccinations for under 5s & those who are pregnant. Wound dressings & suture removal. Minor injuries. Skin infections	Chronic disease management of: Asthma, atrial fibrillation, cardiovascular disease, COPD, diabetes, heart disease & heart failure, hypertension, kidney disease, peripheral arterial disease & stroke.
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Thistle

A senior health and wellbeing practitioner for mood and long-term health conditions. 0131-565-7343 www.thistle.org.uk

Podiatry

You can self refer to the Podiatry Service.
0131 536 1627

Smoking

Local "stop smoking" telephone helpline is **0131 672 9532**

Physiotherapy

You can self refer to the physiotherapist for any conditions requiring physio treatment. Please collect a self referral card from reception or Telephone: **0131 672 9460**

Health Visitors

Children's problems including: breast feeding, formula feeding, sleeping, minor illness, immunisation questions phone Portobello 0131-657 -8924 Conan Doyle 0131 666 5175

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 health professional.

Visit our website for more information at: www.portobello-conandoylesurgery.co.uk