

Portobello and Conan Doyle Surgeries - Signpost Guide

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, watery, sticky or itchy eyes, cysts and styes or conjunctivitis. Please phone the Optician in the first instance for opening times and appointment availability.
PHARMACY →	Coughs and Colds. Sore throat and earache for less than 3 days. Conjunctivitis for those aged over 1 year. Verrucas. Constipation. Smoking cessation. Hay fever. Mouth ulcers. Colds sores. Dry skin. Nappy rash. Small patches of impetigo. Abrasions, bruises, insect bites and sunburn. Emergency contraception. Thrush. Head lice. Pain relief. Piles. Minor ailments Service and Pharmacy 1 st Service (UTI). Please call ahead for a telephone assessment with the Pharmacist.
RECEPTION →	For any queries about your hospital Out-Patient Appointment you should first contact: Royal infirmary: 0131 536 1000 Western General: 0131 537 1000 Lauriston Buildings (for ENT and Dermatology) 0131 536 1000 If you need further help after asking the hospital, please speak to a Receptionist.
DENTIST →	Any condition involving your mouth or teeth. If you are not registered with a dentist, call Chalmers Dental Centre on 0131 536 4800, Monday –Friday 09:00 – 16:30.
MINOR INJURIES ASSESSMENT →	Strains, sprains and suspected broken bones, wounds and burns, musculo-skeletal conditions. Call MIA on 0797 724 6848 between 11am and 7pm for video consultation.
UNPLANNED PREGNANCY TERMINATION LINE →	If you have an unplanned pregnancy you can self-refer by calling 0131 536 2454 between the hours of 9am to 3pm Monday to Friday.
NURSE →	Contraception. Cervical Screening tests. Flu vaccinations for under 5s & those who are pregnant. Wound dressings & suture removal. Minor Injuries. Chronic Disease Management of: Asthma, Atrial Fibrillation, Cardiovascular Disease, COPD, Diabetes, Heart Disease and Heart Failure, Hypertension, Kidney Disease, Peripheral Vascular Disease and Stroke.
MENTAL HEALTH →	The Mental Health Information Station has become a telephone advice service offering general mental health advice and information. You can speak with a Mental Health trained member of staff by phone on a Thursday between 9.30am and 4.30pm. Please call on 0131 537 8688 and ask for the MHIS.
PODIATRY →	You can self refer to the Podiatry Service on 0131 536 1627.
PREGNANT - MIDWIFES →	If you are pregnant there is no need to see your GP. You can book directly with the Midwifery Service by calling 0131 536 9630
MUSCULO-SKELETAL AND PHYSIOTHERAPY →	For people experiencing muscle, back or joint problems, including Physiotherapy contact your GP or visit https://www.nhsinform.scot/care-support-and-rights/nhs-services/helplines/musculoskeletal-msk-helpline
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 that they can ensure you are seen as quickly as possible by the correct Healthcare Professional.

Visit our website for more information at: www.portobello-conandoylesurgery.co.uk
Facebook page: <https://m.facebook.com/Portobello-and-Conan-Doyle-Surgeries-109672537432060/>

