

GULLANE MEDICAL PRACTICE

FINDING YOUR WAY...

THE RIGHT HEALTHCARE PROFESSIONAL FOR YOU

PHARMACY

Pharmacists are qualified to provide advice and treatment for:

- ☞ Coughs & Colds
- ☞ Acne, eczema, dry skin, nappy rash, insect bites & sunburn
- ☞ Sore throats & earache
- ☞ Hay-fever & Allergies
- ☞ Athletes Foot
- ☞ Nasal Congestion
- ☞ Conjunctivitis for those aged over 1 year
- ☞ UTI for Females aged 16-65
- ☞ Cold Sores & Mouth Ulcers
- ☞ Indigestion
- ☞ Warts & Verrucae
- ☞ Thrush
- ☞ Impetigo for those aged over 2 years
- ☞ Head Lice
- ☞ Threadworms
- ☞ Piles
- ☞ Period Pain
- ☞ Constipation or Diarrhoea
- ☞ Smoking Cessation Free 12 week programme
- ☞ Emergency Contraception Morning after Pill
- ☞ Flu Vaccination
- ☞ Viagra

OPTICIAN

All eye problems should be seen by an Optician first. They have specialist knowledge and equipment to diagnose and treat eye conditions. You are entitled to have your eyes examined for free by an Optician who provides NHS services and they can refer you on to the eye hospital if required. Please ask at the Reception Desk for local optician contact information.

DENTIST

All problems affecting your teeth or gums should be seen by your dentist. When they are closed please listen to their telephone message for further information. NHS dentists will provide an examination free of charge, and can prescribe appropriate medication or refer to a dental hospital if required. Please ask at the Reception Desk for local dentist contact details and further service information.

PODIATRY

Conditions affecting your feet and lower limbs. You can self-refer to the Podiatry Service. Please ask at the Reception Desk for the self referral form or the list of private podiatrists.

PHYSIOTHERAPY

If you are 16 or over you can self-refer to Physiotherapy by contacting the Musculoskeletal Advice & Triage Service on 0800 917 9390. If appropriate, they can arrange an appointment for you with an NHS Physiotherapist. There are also many private physiotherapists available in the local area. Please ask at the Reception Desk for the list of Private Physiotherapists.

SEXUAL HEALTH

The NHS Chalmers Centre provides specialist advice and treatment for all sexual health and family planning issues, including: contraception, sexually transmitted infections, HIV, pregnancy, terminations & sterilisation. Contact: 0131 536 1070. They also run drop-in clinics at Tranent Medical Practice on Tuesday afternoons, 15.30 - 16.30 for under 18s, 17.00 - 18.00 for any age. Please ask at the Reception Desk for a Sexual Health information leaflet giving information on the services that are available.

STOP SMOKING

Please see your Local Pharmacist or contact SmokefreeLothian on 0131 537 9914. Please pick up the information leaflet from Reception and the waiting room.

ALCOHOL/DRUG MISUSE

You can self-refer to the Gateway to Recovery clinic for support with drug and alcohol problems. Contact: 0131 446 4853. They also run a drop-in clinic at Roodlands Hospital on a Monday from 10.00 - 13.00. Please pick up a contact information sheet from the Reception Desk for this service.

HOSPITAL APPOINTMENTS/ NHS WAITING LIST TIMES

Hospital appointments and waiting list times are out with our control. Please ask at the Reception Desk for the information sheet which will give you a guide on who to contact and when with regards to your referral.

SOCIAL CARE

East Lothian Social Care & Health can be contacted for information regarding benefits, housing, care at home, children's / older people's services and family support. Contact 01875 824309

CITIZEN'S ADVICE

Your local Citizen's Advice Bureau can provide assistance and advice on financial, benefit and employment matters. Please ask at the Reception Desk for a list of the local offices.

TRAVEL CLINICS

We no longer provide travel advice. Please ask at the Reception Desk for our travel clinic information sheet.

Further advice and information about your health can be found at www.nhsinform.co.uk