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**FINDING YOUR WAY**

**YOU DONT ALWAYS HAVE TO SEE THE GP, MANY PROBLEMS CAN BE DELT WITH QUICKER AND BETTER BY OTHER HEALTHCARE SERVICES.**

**Pharmacy –** Minor Ailments

Urine infections (females aged under 65), Coughs, colds, sore throats, emergency contracteption, hay fever, nappy rash, conjunctivitis (age over 1 year), head lice, worms, mouth ulcers, cold sores, dry skin, athletes foot, constipation, diarrhoea and smoking sensation.

**Physiotherapy –**

For advice and self care for joint, Back or muscle pain visit [www.nhsinform.co.uk/msk](http://www.nhsinform.co.uk/msk) or download the NHS 24 MSK help app.

Self referral forms for physio review available at reception.

In house MSK physio available in surgery please speak with our reception team to book your appointment.

**Optician –**

All eye conditions including: dry, red, sore, sticky and itchy eyes or visual disturbance should be seen by an optician first. They have the correct equipment to examine the eye and can refer to the hospital if required.

**Dentist –**

Any conditions involving teeth and/or mouth

Out of hours dental emergency phone 111

**Practice Nurse –**

Cervical smears, flu vaccine, travel vaccines (form available at reception)

Chronic conditions such as asthma. Diabetes, CHD, heart failure, COPD

**ANP –**

Our surgery Advanced nurse practitioner may see you for any minor illness. This will be arranged through your GP or Patent care advisers/receptionists.

**Heath Visitor –** Children under 5& family support; breast feeding, formula feeding, sleeping, minor illness, immunisation queries phone your health visitor on 01415318016

**Podiatry –**

Self referral number – 0141 347 8909

**District Nursing Service –**

Self referral service – 0141 355 2180

**Weight loss –**

If you have a confirmed diagnosis of Type 1 or 2 diabetes, heart disease or stroke you may be able to self refer to Glasgow weight management service phone 0141 211 3379 or [www.nhsggc.org.uk/your-health/healthy-living/manage-your-weight](http://www.nhsggc.org.uk/your-health/healthy-living/manage-your-weight)

**Pregnancy** – to make your first midwife appointment phone 0141 347 8422

**Drug/Alcohol** –

Community addiction Auchinlea (Easterhouse Health Centre) 0141 232 7200

**Hospital appointments –**

For queries regarding new referrals or waiting times phone appropriate hospital.

**Stobhill** – 2013000, **GRI** – 2114000, **QEUH** – 2011100, **Gartnavel** – 2113000

**Podiatry** – 3478909 **Patient transport** phone direct on 03001231236

**For further advice visit** [**www.nhsinform.co.uk**](http://www.nhsinform.co.uk) **or www.mackinnonpractice.co.uk**