**OPTICIAN**

**ALL EYE CONDITIONS SHOULD BE SEEN BY AN OPTICIAN FOR THEIR EXPERTISE. THEY HAVE THE CORRECT EQUIPMENT FOR EYE EXAMINATIONS. YOU CAN SEE AN OPTICIAN FOR: DRY, SORE, RED, WATERY, STICKY, ITCHY EYES; CYSTS AND STYES; CONJUNCTIVITIS**

**PHARMACY**

**COUGHS & COLDS; SUNBURN; SMOKING CESSATION; HAYFEVER CONJUNCTIVITIS; MOUTH ULCERS; COLD SORES; SORE THROATS & EARACHE FOR LESS THAN 3 DAYS; DRY SKIN; NAPPY RASH; IMPETIGO; ABRASIONS; BRUISES; INSECT BITES; EMERGENCY CONTRACPTION; THRUSH; VERUCCAS; CONSTIPATION**

**FOR ANY ENQUIRES ABOUT YOUR HOSPITAL OUTPATIENT APPOINTMENT, YOU SHOULD FIRST CONTACT:**

**MONKLANDS GENERAL HOSPITAL – 01236 748 748**

**HAIRMYRES HOSPITAL – 01355 585 000**

**WISHAW GENERAL HOSPITAL – 01698 361 100**

**RECEPTION**

**DENTIST**

**ANY CONDITION INVOLVING YOUR MOUTH OR TEETH**

**CONTRACEPTION; CERVICAL SCREENING; TRAVEL ADVICE/VACCINATIONS; EAR SYRINGING; CHRONIC DISEASE MANAGEMENT; WOUND MANAGEMENT**

**NURSE**

**YOU CAN SELF-REFER TO THE PODIATRY SERVICE – ASK AT RECEPTION FOR A REFERRAL FORM**

**PODIATRY**

**ANY PRE-SCHOOL CHILDREN – ISSUES RELATING TO FEEDING, DEVELOPMENT, BEHAVIOUR, SLEEP, TOILETING, TEETHING AND SPEECH AND LANGUAGE. CONTACT VIA HEALTH CENTRE RECPTION DESK - 01236 432 200**

**HEALTH VISITORS**

**FOR PEOPLE EXPERIENCING MUSCLE, BACK OR JOINT PROBLEMS, INCLUDING PHYSIOTHERAPY, CALL THE NATIONAL MUSCULOSKELETAL ADVICE AND TRIAGE SERVICE ON 0800 917 9390 (MON-FRI, 9-5)**

**PHYSIOTHERAPY**

**NURSE PRACTITIONER**

**MINOR AILMENTS/ILLNESSES e.g. SIMPLE COUGHS/COLD; SINUSITIS; FLU; PILES; URINE INFECTION; VAGINAL DISCHARGE; SORE THROAT; SORE EARS; RASHES; ATHLETE’S FOOT; SKIN INFECTIONS; DIARRHOEA AND VOMITING**

**A&E**

**THE TYPES OF INJURIES & ILLNESS THAT SHOULD BE SEEN AT A&E ARE: STROKE; HEART ATTACK; SUDDEN CHEST PAINS; BROKEN LIMBS; ANY INJURY IN THE LAST 72 HOURS**

**MIDWIFE**

**ANY PREGNANCY RELATED CONCERNS OR QUESTIONS – CONTACT DIRECTLY VIA HEALTH CENTRE RECEPTION DESK – 01236 432 200**