

## Mauve Practice – Signpost Guide

<i>Optician</i>	All <b>eye conditions</b> 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		
<i>Pharmacy</i>	<b>Coughs and Colds</b> (without breathlessness) <b>Conjunctivitis</b> <b>Sore throats</b> <b>Verrucas</b> <b>Constipation</b> <b>Hay-fever</b> <b>Chickenpox</b>	<b>Mouth Ulcers</b> <b>Cold sores</b> <b>Dry Skin</b> <b>Nappy Rash</b> <b>Impetigo</b> <b>Abrasions</b> <b>Bruises</b> <b>Insect bites</b>	<b>Emergency contraception</b> <b>Thrush</b> <b>Head lice</b> <b>Stop Smoking</b> <b>Earache (for less than 3 days).</b> <b>Pain relief</b> <b>Sunburn</b>
<i>Hospital Department Directly</i>	For any queries about your hospital <b>Out-Patient Appointment</b> you should first contact: <b>Perth Royal Infirmary: 01738 473734</b> <b>Ninewells Hospital: 01382 660111</b> <b>If you need further help after asking the hospital, please speak to a Receptionist</b>		
<i>Dentist</i>	Any condition involving your mouth or teeth		
<i>Health Care Assistant</i>	Phlebotomy (blood tests), Blood Pressure, Urine testing, Weight/BMI monitoring and ECG's		
<i>Nurse</i>	<b>Contraceptive Follow-up</b> <b>Cervical Screening tests</b> (smear) <b>Travel advice &amp; NHS vaccinations</b> <b>Ear Wax syringing</b> (or see practice leaflet) <b>Flu/Shingles/Pneumo vaccinations</b> <b>Wound dressing</b> <b>Suture removal</b>	<b>Minor Injuries</b> <b>Disease Management</b> including: Diabetes, Asthma, Atrial Fibrillation, Cardiovascular Disease, COPD, Heart Disease and Heart Failure, Hypertension, Kidney Disease, Peripheral Vascular Disease and Stroke Phlebotomy	
<i>Smoking</i>	Your local Pharmacy		
<i>First Contact Physiotherapy (FCP)</i>	<b>Common conditions likely to benefit from FCP:</b> Low back, Joint or Neck pain Muscle strains Soft tissue injuries – twisted ankle, wrist sprain Reception can book you straight into this service. For Advice and self care information go to <a href="http://www.nhsinform.co.uk/msk">www.nhsinform.co.uk/msk</a> or call the Musculoskeletal Advice and Triage Service (MATS) on 0800 917 9390 between 9am and 6pm Mon-Fri.		