**DO YOU REALLY NEED TO SEE YOUR GP?**

**Other Services You Could Use**

* **Trying to find when your hospital appointment is**

Please phone Referral management line on 0300 30 30 249

* **Treatment Room Services**

For leg ulcer and ear syringing you will need to be seen by the practice nurse at the surgery first for a referral form to be filled in and then you can phone the treatment room for an appointment. For blood tests requested by hospital clinics you can contact the treatment room directly

Lanark - 01555 667150, Carluke – 01698 754400, Larkhall - 01698 368789

* **“Pharmacy First” service**

“Pharmacy First” is able to provide assistance and treatment for many minor ailments and conditions without the need to see a GP first. This includes colds, flu, diarrhoea, warts, rashes, thrush, hay fever and urine infections (females aged 16-65 only).

**Kirkmuirhill Pharmacy**, 56 Thornton Road, Kirkmuirhill, ML11 9QE, 01555 894119



**Boots the Chemist**, 43 Abbeygreen, Lesmahagow, ML110EQ, 01555 893393

**Abbeygreen Pharmacy,** 35 Abbeygreen, Lesmahagow, ML11 0EQ, 01555 893520

*More information can be found online at https://www.nhsinform.scot/care-support-and-rights/nhs-services/pharmacy/nhs-pharmacy-first-scotland*

* **If you have back, muscle or joint problem**



Please contact the Musculoskeletal Physiotherapy service via their website - google NHSL MSK physio, visit <https://www.nhslanarkshire.scot.nhs.uk/services/physiotherapy-msk/>, or send a text to 07812267104 with your name, address and postcode and a referral form will be sent to you

* **Minor injuries (including sprains, strains, burns, bites and cuts)**

Minor injuries can be dealt with within the Minor Injuries Unit within the Accident and Emergency Department at Wishaw, Monklands or Hairmyres Hospital (9am to 9pm). You can attend directly, but it is advised that you contact 111 to be triaged and directed to the most appropriate place, and possibly given an appointment time. Some very minor issues such as cuts and grazes can be dealt with at one of the local treatment rooms (details above) however they MAY also direct you to the Minor Injuries Unit.

* **Issue with your eyes**

  Most acute eye problems (such as redness, pain, itch or reduced vision) can be dealt with by one of the local Optometrists who can assess, treat and refer (to Hospital or GP) as necessary.

![11905-Blue-Human-Eye-And-Eyelashes-Clipart-Illustration[1]]()

**Mackie Opticians**, 98 Abbeygreen, Lesmahagow, ML11 0EF, 01555 893929

**Simpsons Opticians**, 52 Union street, Larkhall, ML9 1DR, 01698 882622

**Localeyes Opticians**, 12 King Street, Stonehouse ML9 3EF, 01698 792796

* **Ear Syringing**

This service is **not** provided within the surgery. After consultation you will be referred to the local Treatment Room (Lanark, Carluke or Larkhall) for this procedure. Alternatively, private clinics are available.

* **Issue with your teeth**



Please phone your own Dentist for any acute problem including dental abscess (antibiotic is **not** the cure for this).

* **Issue with your feet**



For issues such as abnormal foot shapes/function causing pain, and painful lesions like ingrowing toe nails, you can self-refer to Podiatry services by completing a self-referral form (picked up at the surgery) and posting it to the address on it.

* **Want to stop smoking?**



Advice **and prescriptions** can be obtained at local **Pharmacies** (as above). Support groups in Lanarkshire can be accessed by calling 0300 303 0242 or by texting ‘advice’ to 81066 to find a group near you.

* **Alcohol and Drug Service**

**Contact the Community Addiction Recovery Service (CAReS) on 01698 754440**, where staff will be able to advise you further. You can also complete the self-referral form on our website (search for CAReS)

* **Sexual Health Service (contraception and STI screening)**

Sexual Health clinics are held at various centres across Lanarkshire and appointments are booked by phoning 0300 303 0251. They can provide advice and services such as long acting contraception (implants and coils) and testing and treatment for sexually transmitted infections. You can also visit [**www.lanarkshiresexualhealth.org**](http://www.lanarkshiresexualhealth.org/)for further information.

* **If you have found out that you are pregnant**

Once we have confirmed your pregnancy with a urine pregnancy test, you will need to self-refer to the Community midwife on 01698 687587.

* **Problems during pregnancy**

You can contact the Maternity Triage Unit in Wishaw General Hospital directly for any pregnancy related issues (abdominal pain, vaginal bleeding, loss of foetal movements etc.) on 01698 366210.

* **If you are housebound**

Community nurses can be contacted **round the clock** on 0300 303 2445. The team offers vaccination, injections, blood and urine tests, wound/ulcer care, catheter care, chronic disease management and end of life care to elderly, disabled and immediate post-operative patients who are **housebound**.

* **Home care, moving to a care home, equipment and assessment of needs for elderly and/or disabled people**

Please phone the Social Work Department at Lanark on 0303 123 1008.

* **Support and counselling after bereavement**

Please phone CRUSE Bereavement Care Scotland on 0808 802 6161 or visit crusescotland.org.uk.

* **If you need travel vaccination**

Information about travel vaccinations is available at [www.fitfortravel.nhs.uk](http://www.fitfortravel.nhs.uk) or by speaking to your local pharmacy. You can also book an appointment at the Monklands Hospital Travel Clinic, Monkscourt Avenue, Airdrie, ML6 0JS by phoning 01236 713800 (appointments only, NOT advice)

* **Private Referrals and Aftercare**

Most services are available in the NHS, however you may wish to be seen in a private healthcare setting. Whilst a referral can be made by a GP, **any required blood tests, scans or follow up CANNOT be done by the Practice.**

**For information on other self referral services available, please visit**

**the Practice website at https://blackwoodmedicalpractice.gp.scot**

General health information can be found at [www.nhsinform.scot](http://www.nhsinfrm.scot)

*If you feel that you still require to see a GP, you should call the surgery. Pre-bookable appointments are available up to 2 weeks in advance, or alternatively same day “emergency” appointments are released each morning at 8am*