

Pharmacy → Coughs & colds, Conjunctivitis (aged 2+), Sore throat (<7-days), Earache (<3 days), Warts, Verrucas, Constipation, Hayfever (aged 1+), Mouth ulcers, Dry skin, Nappy rash, Impetigo (aged 2+), Abrasions, Bruises, Insect bites, Sunburn, Emergency contraception, Head lice, Cold sores, Thrush, Piles, Pain relief, Urine infections (women aged 16-65), Acne, Allergies (aged 1+), Athlete's foot, Backache (first episode), Blocked/Runny Nose, Colic, Diarrhoea (aged 1+), Haemorrhoids (aged 18+), Headache, Indigestion (aged 12+), Period Pain (aged 10+), Ringworm, Scabies (aged 2+), Scalp Disorders, Threadworms (aged 2+), Thrush (women 16-60 & symptomatic male partner), Oral Thrush (aged 4-months+)

Dentist (mouth & teeth) → You should make an appointment with a dentist for any condition involving your mouth or teeth

Practice Nurse → Contraceptive injections, cervical screening tests, travel advice & vaccinations, Ear syringing, Dressings, Suture removal, Minor injuries, Chronic disease management (Asthma, Atrial Fibrillation, Heart failure, Hypertension, Chronic kidney disease, Peripheral arterial disease), Blood pressure

Triage (GP/ANP appts) → Between 08:30am and 10:00am Monday-Friday for problems that cannot be dealt with by another health professional

Optician (eyes) → All eye conditions should be seen by an Optician first due to their expertise and correct equipment for eye examination. Dry, red, sore watery, sticky or itchy eyes or eyelids, Squints in children, Flashing lights, Headaches when reading or watching TV, Cysts, Styes, Conjunctivitis, Corneal ulcers or abrasions, Reduced or double vision, Blepharitis (inflammation of the edge of eyelids)

Smoking Cessation → Stop Smoking Service freephone 0800 025 3000 or book an appointment via our reception desk (clinic held at the Health Centre every Wednesday afternoon). Service also available via local pharmacies.

Podiatry (feet) → You can self-refer online (www.nhsfife.org – Your Health section) or by collecting a referral form from the Healthcare reception. Annual diabetic foot checks can be booked via the Healthcare reception.

Muscle & Joint Problems → Adults with musculoskeletal health issues (such as back pain or sports injuries) can self refer via the MSK advice and triage service 0800 917 9390 – can be referred to physiotherapy via this service if it is felt to be appropriate. You can also visit www.nhsinform.scot/msk or download the 'MSK Help' app free from app stores

