



TMG Signpost Guide

PHARMACY

- Coughs & Colds
- Conjunctivitis (Over 1 yr)
- Sore throats & earache for less than 3 days
- Warts & Verrucas
- Constipation & Piles
- Emergency contraception
- Pain Relief
- Ear wax
- Athletes Foot
- Stopping Smoking
- Hay-fever
- Mouth ulcers & Cold sores
- Dry skin and dry eyes
- Nappy rash
- Abrasions & Bruises
- Sunburn & Insect bites
- Thrush
- Female Urine Infections (16 - 65yrs)
- Head lice

RECEPTION

- Make, cancel & change appointments
- General queries
- Chlamydia test kit
- Physiotherapy referral

PRESCRIPTION HUB

- You can discuss prescription queries by calling 01275 465119
- You can email prescription requests to tyntesfield.prescribing@nhs.net

NURSE

- Cervical screening tests
- Contraception
- Flu vaccinations
- Travel vaccinations
- Dopplers
- Wound dressings
- Compression bandaging
- Suture removal
- Injections & child vaccines
- Phlebotomy (Bloods) & ECGs
- Chronic Disease Management e.g. Diabetes, COPD & Asthma
- Warfarin monitoring

SMOKING

- Please contact your TMG surgery for support to stop smoking.

MINOR INJURIES UNIT

- Sprains, Strains, Cuts & Grazes
- Arm, Foot & Leg injuries
- Bites, Minor burns & Scalds
- Broken Bones
- Minor Head injuries
- Eye problems such as scratches and foreign bodies in the eye
- Most minor injuries units are open long hours and you don't need to make an appointment
- Your nearest MIU is North Somerset Community Hospital, Clevedon, BS21 6BS, 01275 872212 8am-8.30pm

DENTIST

- Any condition involving your mouth or teeth

HEALTH VISITOR

- Children under 5 years. Problems including: Breast & formula feeding, Sleeping, Minor illness, Immunisation questions
- Contact the Health Visiting Team on 01275 885566

OPTICIAN

- Dry, red, sore, watery, sticky or itchy eyes or eyelids
- Squints in children over 3 yrs
- Inflammation of the edge of eyelids
- Headaches with reading or watching TV
- Cysts & Styes
- Conjunctivitis
- Corneal Ulcers or Abrasions
- Reduced or Double Vision