

What happens when I contact my CNS.

When you contact your nurse specialist, they will discuss your concerns with you and then:

- make a clinic appointment to see us at the hospital.
- ask you to make an appointment with your GP.
- reassure you that no further action is needed.

We want you to feel supported on PIFU and will contact you before you are discharged from our service to your GP and remind you of the signs and symptoms to look out for. If you have any questions, please ask a member of the team.

Contact the gynaecology CNS team:

The team are contactable

Monday - Friday, - 8.30am- 4.30pm

on: **0300 019 8265**

0300 019 2580

0300 019 8261

The Royal Bournemouth Hospital,
Castle Lane East, Bournemouth, Dorset, BH7 7DW

Poole Hospital,
Longfleet Road, Poole, Dorset, BH15 2JB

Christchurch Hospital,
Fairmile Road, Christchurch, Dorset, BH23 2JX

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Gynaecology cancer patient-initiated follow-up (PIFU)

Information for patients and carers

This leaflet provides information
for patient-initiated follow-up (PIFU)
in gynaecology cancer (oncology).

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If your clinician thinks PIFU could be right for you, it will be discussed and offered to you. Please remember that PIFU won't be suitable for every patient.

What is a PIFU appointment?

A patient-initiated follow-up, or PIFU when abbreviated, allows you to arrange a follow-up gynaecology appointment for the condition you were seen for when you need it, rather than at a time set by the hospital. For new gynaecological concerns, or if you are feeling unwell, your GP will remain your first point of contact.

What are the advantages of PIFU?

We understand that attending an outpatient follow-up appointment at a date dictated by the hospital can cause unnecessary anxiety, especially if your condition is stable. Your condition may flare up before or after a hospital scheduled follow-up appointment, meaning you are not seen when you really need to be. PIFU puts you in control of making an appointment and means it is based on need instead of being at a routine interval.

By reducing unnecessary follow up appointments, PIFU means those needing access to our services are seen quicker due to shorter waiting lists.

When should I call the gynaecology clinical nurse specialist (CNS) team?

You should call the gynaecology CNS team (details below) if you have any of the following symptoms for more than a few days, for no apparent reason:

- bleeding from your vagina
- vaginal discharge
- bleeding from your rectum (back passage)
- bleeding after sexual intercourse
- pelvic pain
- problems with passing urine
- diarrhoea or constipation (problems opening your bowels)
- abdominal (stomach) bloating that does not go away
- swollen legs which can be a sign of early lymphoedema
- weight loss, not associated with dieting or increased exercise
- feeling generally unwell
- persistent dry cough

These are some of the common symptoms people experience if their cancer has returned. However, it is important to remember not everyone will experience these symptoms, and even if you do, it does not necessarily mean your cancer has returned.