

Gynaecology

Patient initiated follow-up (PIFU) – information for patients

You have been put on a patient initiated follow up pathway. This means you will not be booked a follow up appointment with your clinician, but you can contact us if you need to.

This pathway has been specially designed by the gynaecology service, based on evidence showing that there is not always advantage to regular, fixed-time follow-up in hospital for patients after certain appointments.

From your gynaecology consultation(s) so far you have had a chance to discuss and learn about:

- your diagnosis/explanation of your current condition
- the actions/exercises that will help the condition, now and in the future
- some common side-effects you may experience, and how to manage them, for example how to manage pain or discomfort
- what rare conditions that might arise and the actions you need to take if they do.

It is important that you contact us should you experience any symptoms or complications relating to your existing condition, or if your personal circumstances change. This information sheet outlines how to contact us if you need to.

If you require urgent medical advice you should contact your GP or NHS 111, or if you are really unwell, your local emergency department (A&E). For all other concerns, or if you are feeling unwell, your GP remains your first point of contact.

How to get in touch with us if you need to

- It is important that you get in touch with us if you have any concerns about your existing condition and feel you need a follow-up appointment. You have six months to do this from the date you were notified of being moved to a patient initiated follow-up pathway.
- During this six month period, if you wish to book an appointment please contact our gynaecology team:
 - patientreply@uhd.nhs.uk
- What you can expect when you make contact:
 - Following your contact, we will review the information you have provided and arrange for a follow up appointment if appropriate.
 - We will also confirm whether that appointment will be virtual or face to face.
- If you have any issues after the six month period has passed, please contact your GP directly who will be able to advise on the care that you need.

Other useful information:

- We keep our website up to date with information on our services and support for our patients. In particular, you may find the following areas useful:
 - Information for outpatients (www.uhd.nhs.uk/visit/outpatient)
 - Patient-initiated follow-up (www.uhd.nhs.uk/visit/patient-initiated-follow-up)
 - Gynaecology service information (www.uhd.nhs.uk/services/gynaecology)
- Free healthy lifestyle advice and coaching is available for every adult in Dorset. Find out more at the LiveWell Dorset website (www.livewelldorset.co.uk) or call 0800 840 1628 (Monday – Friday, 9am–6.30pm) free of charge.