

Patient information

Patient initiated follow up (PIFU) for patients seen in the benign gynaecology clinic

Following your appointment in the gynaecology clinic you have been placed on patient initiated follow up, sometimes referred to as PIFU. This information sheet explains what this means and how to contact the department if you need advice or would like to request a follow up appointment.

Why PIFU?

In the past women were often given a routine follow up appointment, arranged at a standard interval. This 'one size fits all' approach is not always appropriate and can lead to unnecessary appointments for women who do not need them and delays in seeing women who have more pressing needs. With PIFU, you are more in control of your follow up.

How does PIFU work?

The doctor you see in clinic or talk to on the telephone may suggest a period of PIFU. They will agree with you how long the period of follow up will last. During this time you can request another appointment (face to face or by telephone, as appropriate) by contacting the gynaecology department.

When should I contact the department?

You can arrange a follow up appointment for any reason, for instance:

- your symptoms have not improved as expected, or have worsened
- you do not think your treatment is working
- you are worried about side effects or risks of treatment

- you want to discuss alternative treatments

What if my PIFU period has expired?

Provided you contact the department before the end of the agreed PIFU period we will arrange a follow up appointment for you. Please bear in mind this might take a few weeks. If you have not contacted us before the end of your PIFU period you will be discharged from the clinic. If you wish to arrange another appointment subsequently you will need to consult your GP and ask them to refer you again.

Your PIFU period ends on: ___/___/_____

Gynaecology department contact details: gynaesecretaries@wsh.nhs.uk

Mr Ross, Miss Badley, Miss Brierley and Miss Grover 01284 712560

Miss Al-Shammari 01284 712518

Mr Boama 01284 712862

If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (formerly DisabledGo)

<https://www.accessable.co.uk>



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