

Gynaecology Outpatients Department

Information for patients



Leeds Centre for
Women's Health

The aim of this leaflet is to give you information about what will happen during your appointment.

Why have I been referred to the service?

You have been referred to us because you have, or are thought to have, a gynaecological condition.

We look forward to seeing you in our Gynaecology Outpatient Department at St James University Hospital.

Where is the Gynaecology Outpatients Department?

It is located on Level 1 Chancellors Wing, St James University Hospital.

What do I do when I arrive?

On arrival, you will need to check in at the reception desk. You can then take a seat in the waiting area.

What will happen before my appointment?

You may be asked to provide a urine sample by a member of the clinic staff. You may have your height and weight checked.

Can I bring someone with me?

You can bring one family member or friend to the appointment but you may attend alone if you prefer. If you need to bring a baby or children to this appointment, please bring someone to supervise them while you have your appointment.

Who will I see during my appointment?

If you are attending a medical appointment, you may see your named consultant who is the senior doctor responsible for your care or the junior doctor working with them in their clinic.

If you are attending a specialist nurse appointment, you will see a nurse. A doctor may not be present for this appointment.

You may also see other members of the clinic team, which include nurses, physiotherapists and support workers.

As our hospital is proudly a teaching hospital, training clinical staff of the future, sometimes medical/nursing students may be present. If you would prefer for them not be present during your appointment, please let a member of staff know.

What will happen during my appointment?

The doctor or nurse will ask you specific questions about your symptoms and some more general questions about your health. It would be helpful if you could provide the date of your last menstrual period, details of any allergies and any medications you are taking.

You may be asked to complete some paperwork before you attend. If you are please bring the completed paperwork with you to your appointment.

You will have the opportunity to talk to the doctor or nurse if you have any questions. A member of staff will be with you to support you as you have your examination. The examination is offered to help the doctor or nurse understand the most suitable treatment for your symptoms.

What examinations may be recommended at my appointment?

Abdominal examination

The doctor or nurse will examine your abdomen (tummy). This involves pressing one or two hands on your abdomen.

External (vulval) examination

The vulva is the name of the area around the opening of the vagina. A vulval examination is where the doctor or nurse examines your vulva. You might be offered a vulval biopsy (tissue sample) or treatment of vulval lesion (lump) under local anaesthetic.

Internal (vaginal) examination

An internal examination may be recommended. This examination will not be done without your consent. If you have any questions or worries about having an internal (vaginal) examination please discuss these with your Doctor or Nurse beforehand. You will be able to undress and prepare for the examination in privacy. You will be asked to remove your clothes from the waist down and cover yourself with a sheet. Please do let the staff know if you need help undressing. You will then be asked to lie on an examination bed.

The doctor or nurse will gently examine the vagina using a speculum and/or gloved fingers.

Rectal (back passage/bottom) examination

You may be offered a rectal examination. For this examination you will be asked to lie on the bed on your left side with your knees bent upwards. The Doctor will then put one gloved finger inside your vagina and one gloved finger inside your rectum (bottom).

After the examination, you will be given privacy to redress.

You will be told of the findings of the examinations you have had. This will include if any further tests or treatment is recommended. You will be given opportunity to ask any questions.

Although there are male and female doctors in the clinic, you will always have a female chaperone for any examination.

What happens after my appointment?

We will send you and your GP a letter saying what has happened at your appointment and any further treatment plans.

If you need any more investigations you will be informed on the day and further appointments will be sent to you. Blood tests are normally performed before you leave the hospital.

You may be given a prescription for medication. This prescription can only be used at the pharmacy at the hospital. The clinic staff will inform you where this is.

Alternatively the doctor or nurse will instruct your GP on what to prescribe.

Further treatment may involve an operation (surgery). If surgery is recommended the benefits and risks and alternative (if applicable) will be discussed with you so you can make a fully informed decision. If you wish to go ahead with the operation you will sign the consent form at your appointment.

Will I need another appointment?

It is rare that you will require another appointment and will be discharged back to the care of your GP.

If you are offered a further clinic appointment, you will receive a letter with the appointment details. You may be offered Patient Initiated Follow Up (PIFU) where you will be advised to contact our gynaecology service if you find that your symptoms are not improved or getting worse after being seen.

If you need to change your appointment, please contact:

- **Patient Booking Hub: 0113 20 64910**

Please remember to let us know if you change your name, address, telephone number or GP, so we can update our records.

Who do I contact if I have any questions?

If you need further information, please do not hesitate to contact:

- **Gynaecology Outpatient Department: 0113 206 4770**
- **Your GP**

Your opinion is very important to us

Whether you are happy or unhappy with the care and treatment that you have received, we'd like to know about it.

If we are not getting it right and you want to raise a concern, you can speak to any member of staff.

If the problem can be resolved quickly we will do our best to put things right.

If you prefer, you can call our Patient Experience Team:

- **Telephone: 0113 206 6261**
- **Textphone: 0746 875 3025**
(if you are deaf or speech impaired)
- **Email: patientexperience.leedsth@nhs.net**

They will be happy to listen to you and assist you by putting you in touch with the right person to address your concern.



What did you think of your care?

Scan the QR code or visit bit.ly/nhsleedsfft

Your views matter



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