

Gynaecology Patient-Initiated Follow-Up

Information for patients and carers



This leaflet provides information for Patient-Initiated Follow-Up (PIFU) in Gynaecology.

If your clinician thinks Patient-Initiated Follow-Up 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 Patient-Initiated Follow-Up 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 other concerns or 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 that you are not seen when you really need to be. PIFU puts you in control of making an appointment meaning your appointment is based on clinical need instead of being at a routine interval.

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

When should I call for a PIFU?

You should call if you feel that your symptoms are not responding to prescribed treatment, or you wish to start a certain treatment that was recommended in the clinic which you initially declined but now changed your mind. You may also access PIFU to arrange a follow up appointment once a planned investigation has been completed e.g. a pelvic ultrasound scan has been arranged for you and you have been asked to arrange a PIFU once you have had the scan.

What should I check before calling to make a PIFU appointment

Please ensure the following:

- You have been offered a Patient Initiated Follow-Up plan by your gynaecology clinician. You will not be able to arrange a PIFU otherwise.
- Your last appointment was at least 3 months ago- you will be asked to seek a review by your GP if sooner than this because most gynaecological treatments need at least this amount of time to take effect
- Your last appointment was no longer than 6 months ago- if you contact the service 6 months or more after your appointment PIFU will no longer be available to you as you will have been automatically discharged back to your GP

- You are seeking review for the same condition or symptoms that you are on PIFU for. If you have a new gynaecological condition or symptoms, please contact your GP.

How to make Patient Initiated Follow Up (PIFU) appointment

If your clinician thinks Patient Initiated Follow-Up is suitable for you, they will discuss this with you, then place you on a PIFU pathway.

If you feel you require an appointment, follow these easy steps:

1. Call **0113 20 64910** (Monday to Friday between 8am and 4 pm) and ask for a 'general gynaecology' Patient Initiated Follow-Up (PIFU).
2. Give your details including your full name, date of birth, and hospital or NHS number.
3. State the date of your last gynaecology clinic appointment and briefly explain why you are requesting PIFU.
4. Your request will be passed on to the Gynaecology Team looking after you who will review your case.
5. You will be sent an appointment or be offered clinical advice/treatment, if appropriate.

Will you still be looking after me if I do not call for a PIFU?

After 6 months, if you have not contacted our department for an appointment, one of our consultants will undertake a clinical review of your pathway. They will either invite you for a telephone follow up or discharge you from the Gynaecology Service via a letter to you and your GP.

If you are discharged back to your GP, they can re-refer you if you need to be seen again in the future.

What if I need urgent medical advice related to my condition?

If you require urgent medical advice, you should contact your GP, NHS 111, your local Walk-in centre or, if you are really unwell, your local Emergency Department (A&E) via NHS 111 or 999.

PIFU Contact Details

- **PIFU appointment bookings (Central Booking Office):
0113 20 64910**

Questions / Notes

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....





What did you think of your care?

Scan the QR code or visit bit.ly/nhsleedsfft

Your views matter



© The Leeds Teaching Hospitals NHS Trust • 1st edition (Ver 1.0)
Developed by: Hlupekile Chipeta, Consultant Gynaecologist
Produced by: Medical Illustration Services
MID code: 20230509_011/MH

LN005644
Publication date
12/2023
Review date
12/2026