Gynaecology Patient-Initiated Follow-Up (PIFU)

This leaflet explains what the Gynaecology Patient-Initiated Follow-Up (PIFU) service is and how it can help you manage your condition. To contact by telephone with any queries dial 0118 322 8964 and select Option 2.

What is Patient-Initiated Follow-Up (PIFU)?

Patient-initiated follow-up (PIFU) puts you, the patient, in control of when you are seen by the Gynaecology Department.

Attending regular outpatient appointments scheduled by the hospital can cause unnecessary anxiety for example time taken to travel, park and wait for the appointment – if your condition is stable. Sometimes, regular outpatient appointments may not result in any change to your treatment. In fact, your condition may flare up in between regular booked appointments and it is during this time that you really do need our input. PIFU will put you in control of making an appointment if you need it.

How does PIFU work?

You will be advised by the Gynaecology Team whether your condition is suitable for follow-up via PIFU, rather than arranging a scheduled appointment.

The Gynaecology PIFU pathway can last up to 12 months depending on your condition, which your clinician Your clinician will discuss this with you and advise on how long your PIFU period will be. If your condition is not improving, or has worsened within this time period, the PIFU pathway allows you to book a follow-up visit will advise you on. You will also be given this patient information leaflet for you to consider if you want to have your follow-ups in this way; **it is your decision**.

If I do not request a PIFU appointment, will you still monitor me?

If you do not contact us within the PIFU time period outlined by your Gynaecology clinician, you will be automatically discharged, and no further follow-up appointment will be made. If your symptoms flare up again after this time, you will need to seek re-referral for Gynaecology via your GP.

How to book a PIFU appointment

If, within your PIFU time period, you have a flare up of your symptoms and need advice or to request an appointment, you can request an appointment via your Royal Berkshire Connect Patient Portal. Once your care team has reviewed your request, we will send you a text message informing you of your new appointment. Just follow the steps below and the team will help you.

Requesting a PIFU appointment:

- Click the link in your PIFU invitation text message to access the Royal Berkshire Connect Patient Portal.
- If you have not already registered, please follow the on-screen instructions to register. If you are already registered, continue to log in to the portal.
- Once logged in, review your patient-initiated follow-up appointment request screen and any documentation provided. Complete the attached questionnaires and submit your request for an appointment.

Our clinical administration team will arrange an appointment for you as soon as possible and you will get a text to confirm the date and time.

You can view the status of your request at any time by logging into your patient portal..

When not to use PIFU

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

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

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