

Patient information

Patient initiated follow up care for vulval clinic (PIFU)

This information sheet is designed to help if you need to contact your gynaecology team for advice.

As part of your care, you have been referred into the patient-initiated follow-up programme, sometimes referred to as PIFU. Instead of having regular follow-up clinic appointments, you will be able to contact us when or if you need to discuss any worries or concerns you may have. This open access is generally open for 3 - 6 months from the clinic appointment and your doctor in clinic will let you know the duration.

When should I call?

You should telephone us if:

- You have symptoms that you are worried about, causing you to think your condition has changed.
- You have ongoing problems or side effects after your treatment; or
- You need emotional support or have any worries or concerns

What symptoms should I call for advice about?

If you have any of the following symptoms for no apparent reason that last for longer than two weeks:

- Bleeding
- New onset vulval itch
- New vulval lump or irregularity of the skin
- If your symptoms are not responding to the previously used treatments

When should I contact my GP?

You can still see your GP for any concerns. If they are concerned, they can contact the hospital team for advice and guidance.

What happens when I contact the hospital?

When you contact the hospital, they will discuss your concerns with you and, after discussion with a member of the vulval team, recommend one of the following:

- A clinic appointment to see us at the hospital
- For you to make an appointment with your GP
- Reassure you that no further action is needed

We want you to feel supported on PIFU and will contact you before you are discharged from our service to your GP and remind you of the signs and symptoms to look out for. If you have any questions, please ask a member of the team.

Contact details

Please call us on 01284 713154 Monday to Friday 9.00am to 5.00pm. If the phone is not manned, please leave a message clearly stating your name and hospital number and someone will get back to you the next working day.

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>



© West Suffolk NHS Foundation Trust