

Gynaecology

Patient initiated follow up (PIFU) after discharge from the Vulval clinic

This leaflet explains what will happen now that you have been discharged from the Vulval clinic.

Regular follow up appointments do not prevent your symptoms returning. Instead, symptoms and concerns are addressed more quickly if patients report them when symptoms occur.

It is normal to experience some worry and anxiety, and therefore if you feel you require a little extra support, please contact your nurse specialist or GP and a telephone or face to face consultation can be arranged if required.

Symptoms

If you experience any of the below symptoms, for more than 2 weeks, you should contact your GP or nurse specialist:

- itching
- soreness or pain in the vulval area
- splitting to the vulval skin
- persistent problems passing urine
- raised patches on the vulval skin
- warty appearance to the vulval skin
- changes in colour to the vulval skin

Any of these symptoms can be caused by several reasons, it is best to speak to a doctor or nurse, who will advise you.



Patient Information

How do I book a Patient Initiated Follow Up appointment if I have concerns?

If you develop any worrying symptoms or concerns, then you can phone your specialist nurse. The nurse will then discuss your concerns with you and together you can decide if you need to come to clinic to see the specialist nurse or doctor.

Your thoughts and feelings about Patient Initiated Follow Up

Everyone will have different feelings when they no longer need to be seen regularly by their specialist team. Some women feel relieved that they do not require regular clinic appointments at the hospital, whereas others may be concerned about what could happen in the future and are anxious about losing contact with their specialist team.

These feelings are perfectly normal, and your specialist team will always be available for you if you need their help and expertise.

Contact telephone numbers

Amanda Clarson: 024 7696 7222 or 024 7696 6598

(Monday to Wednesday 8am to 4.30pm and Friday 8am to 1pm)

The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact 024 7696 7222 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

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Document History

Department:	Gynaecology
Contact:	27222
Updated:	January 2024
Review:	January 2027
Version:	1
Reference:	HIC/LFT/2866/24