Patient Information

Patient Initiated Follow Up

Obstetrics & Gynaecology

Patient Initiated Follow Up (PIFU)

The Gynaecology service has developed the Patient Initiated Follow Up Service, which has been specifically designed for patients who are managing their medical condition well but may have a flare up of their condition. The service will reduce unnecessary visits to hospital, reduce patient waiting times and release the clinical teams to see more patients in a timely manner.

What is 'patient initiated follow up'?

You may see this referred to as 'PIFU'. Patient Initiated Follow Up puts you in control. You can make an appointment to see us if you have any worries or concerns about your original presenting complaint rather than having a regular clinic visit. Research has shown that having a regular outpatient follow up does not help to prevent your condition returning or identify new problems. In fact, many people find that follow up visits to the hospital cause a lot of unnecessary anxiety. Many patients with long term conditions do not require regular follow up by the hospital team. Some patients express concern about losing regular contact with the hospital. Everyone has different feelings when they no longer need to be seen regularly by their medical team. Every patient has individual needs, for patients with some benign conditions such as endometriosis and pelvic pain we arrange PIFU for two years. For patients diagnosed with cancer the PIFU will be up to five years, dependant on diagnosis. For all other concerns, or if you are feeling unwell, your GP remains your first point of contact.

How do I book a patient initiated follow up appointment?

The service is quick and easy to use. Just email: - ABB.GynaeBookingTeam@wales.nhs.uk or telephone on 01633 234400 and you will be added to a follow-up waiting list for a further appointment with the service. You will be contacted by the Booking Team when an appointment becomes available. Please note the Booking Team cannot give any clinical advice.

"This document is available in Welsh/
Mae'r ddogfen hon ar gael yn Gymraeg".