

Patient Initiated follow up (PIFU)

Gynaecology Patient Information

This leaflet gives you information about how to get support and advice now that you have been discharged from the hospital follow-up routine.

What is PIFU?

Your treatment is complete. You and your doctor have agreed that routine follow up appointments are no longer needed. Your Clinical Nurse Specialist (CNS), however, is still available for you to contact if and when needed, as is your GP. We call this Patient Initiated Follow Up (PIFU).

Why PIFU?

Because, as you continue your recovery, reporting any worrying signs and symptoms (see below) when they occur, rather than waiting until a routine appointment sometime in the future means that these concerns can be addressed quickly, reassurance given and/or timely appointments for further checks made.

How long is PIFU available to you?

This is determined according to need, and you will be informed how it applies to you. If you have no need to use it during the allocated time period, your discharge will then be completed and any future concerns you may have should be reported directly to your GP.

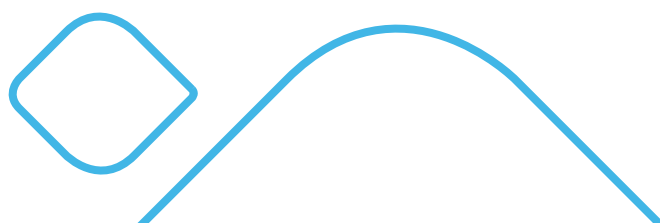
When you should contact your GP or hospital team

In general, if you experience abnormal vaginal bleeding or unusual discharge, tummy pain and/or swelling that gets worse or upset bowel and/or bladder that gets worse, contact your Clinical Nurse Specialist for advice.

Specifically, if you get any of the following symptoms or problems for more than 2 weeks, contact your GP or Clinical Nurse Specialist.

If you had ovarian, fallopian tube or primary peritoneal cancer:

- Swelling of the abdomen (tummy) or persistent bloating
- Feeling full when you eat
- Abdominal or pelvic pain that does not go away
- Change in bowel habits
- Urine incontinence or passing urine very frequently



If you had cancer of the womb or cervix:

- Unexplained vaginal bleeding
- Bleeding after sex
- Unusual vaginal discharge (offensive in smell or unusual colour)

If you had cancer of the vulva or vagina:

- Leg or groin swelling
- Any soreness, itching or bleeding of your vulval skin
- Any changes you are worried about

There are many charitable organisations on the internet that offer help and support. The following examples are listed for information only. This does not represent a recommendation or endorsement by the RUH. If you are concerned or confused by any information on these websites please contact the CNS team.

<https://eveappeal.org.uk/>

<https://www.jostrust.org.uk/>

<https://targetovariancancer.org.uk/>

<https://ovarian.org.uk/>

<https://www.ovacome.org.uk/>

<https://www.macmillan.org.uk/>

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Please contact the Patient Advice and Liaison Service (PALS) if you require this leaflet in a different format, or would like to feedback your experience of the hospital.

Email ruh-tr.pals@nhs.net or telephone 01225 825656.