**Patient Initiated Follow up (PIFU) – Vascular Services**

***What is ‘Patient Initiated Follow Up’ (PIFU)?***

* Patient initiated follow up empowers you the patient by allowing you to be in control.
* You or your carer can initiate your follow up appointment when you feel you need one due to symptoms which you may have or when your circumstances may have changed.
* You will have direct access to guidance when you need it the most as opposed to attending a follow up within a set timeframe which you may not need.
* Research has shown that regular interval follow ups are not effective at identifying new problems and can potentially cause patient’s unnecessary anxiety.

***How is PIFU beneficial to you the patient?***

* You won’t be making an unnecessary journey to the hospital attending a follow up appointment which you don’t really need. You will only attend the hospital if you feel you need to be seen.
* You are in control of when you are followed up as opposed to attending your follow up appointments at routine intervals.
* It gives you a period of time in which to access the clinic without needing to be referred by your GP.

***How do I make an appointment?***

Making an appointment is easy, you just need to **telephone central booking on 01722 345543**. Please provide your NHS number which can be found at the top of any hospital letter.

Please note, to arrange a patient initiated follow-up appointment you must:

* Have been told by your healthcare professional that this is appropriate for you
* Contact us within the timeframe advised by the team

For medical problems that are not related to this speciality, your GP remains your first point of contact.