

Your First appointment at the Gynaecology Clinic

Should you choose not to attend the clinic please contact 0121 424 5000 to enable us to give this appointment to somebody else.

What will happen at this appointment?

Be prepared to be at the hospital for 1-2 hours. You may like to bring a friend or relative with you for company.

It may only be necessary for you to have a physical examination and a discussion with your consultant. You may also have an ultrasound test before you see your consultant in the clinic. A specialist nurse will be available to help you and answer any questions you may have.

An ultrasound scan

This is a painless examination of your pelvis and lower abdomen with a machine that uses sound waves to produce pictures.

Before you attend hospital

It is very important that you have a full bladder for the examination. Drink at least 4-5 glasses (1- 1^{1/2} litres) of fluid one hour before your appointment and do not go to the toilet until after the examination. If when you arrive at the department you urgently need to go to the toilet please tell the department staff before you do.

During the examination

The examination is performed by a radiologist (a doctor who specialises in this kind of diagnosis) or a sonographer together with an assistant. The procedure usually takes about 15-20 minutes.

You will be asked to undress and put on a hospital gown, you may like to bring your own dressing gown if you prefer. A clear gel is put on the skin and a blunt plastic probe is moved over the skin to create the pictures. It may be necessary to press firmly but the examination does not hurt. The resulting pictures can be viewed on a computer screen.

The person performing your scan may also want you to have a Trans - vaginal scan so that they can gain additional information. You will be asked to go to the toilet to empty the bladder before a trans-vaginal scan. A small probe with a barrier cover will be inserted into the vagina. This is usually not a painful procedure; however it could be sometimes uncomfortable. In majority of the cases both the abdominal and transvaginal ultrasound scans are performed and patients tolerate them well. Most patients do not find the trans- vaginal scan as uncomfortable as having a cervical smear test done. At the end of the scan you will be able to go to the toilet. You will be able to eat and drink normally.

Our aim is to complete the examination successfully, so please try to follow the instructions carefully. If you have any worries or questions please feel free to ask the Radiologist or Radiographer at any time.

Following your Ultrasound

You will be seen in Clinic by your consultant. A full medical history will be taken from you and the results of your ultrasound will be discussed with you. This will likely follow a clinical examination as well. After these tests and clinical examination the consultant will discuss with you and make a plan.

When will you know the results?

Often the physical examination and ultrasound will provide sufficient information for the doctor to be able to discuss the findings with you by the end of the visit. The choices for treatment will be discussed with you and a plan of treatment will be decided (if required).

Sometimes the above tests are not sufficient to make a clear diagnosis. The doctor may wish to have further tests in terms of taking a biopsy (tissue from the womb (uterus) or neck of the womb (cervix) or further investigations for example other scans that required to be carried out before they can tell what is wrong. If this is the case you will be given the information about whom you will receive further appointments for example from the radiology department or waiting list co-ordinator if you require a biopsy or an appointment to another clinic before you leave the Department. Please do not hesitate to ask. A nurse will be available along with the doctor to answer your questions.

However it is important to remember that although these tests are helpful to make a diagnosis they are not always accurate.

We welcome your views on what you liked and suggestions for how things could be improved at this hospital. If you would like to tell us and others about your experience please make your comments through one of the following sites:

- NHS Choice:- www.nhs.uk
- Patient Opinion:- www.patientopinion.org.uk
- I want great care:- www.iwantgreatcare.org (Here you can leave feedback about your doctor)

Be helpful and respectful: think about what people might want to know about this hospital or how your experiences might benefit others. Remember your words must be polite and respectful, and you cannot name individuals on the NHS Choice or Patient Opinion sites.

If you have any questions you may want to ask about your condition or treatment, or anything you do not understand or wish to know more about, write them down and your doctor will be more than happy to try and answer them for you.

