

# What to Expect at your Gynaecology Appointment

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## Wecome to Gynaecology

You have been referred to the Gynaecology Department to be investigated/diagnosed or to commence treatment for your gynaecological symptoms. This will take place in Clinic 1 or Clinic 2 (ground floor) within the Centre for Women's Health which has a separate entrance from the main RD&E Hospital, therefore please follow appropriate signage on arrival at the hospital. Parking can be difficult so please leave plenty of time and use the Park and Ride services/public transport where possible.

You will be seen by one of the medical or nursing staff within this department. We are a teaching hospital and healthcare students may be in attendance. However, if you wish them not to be present please inform the reception on arrival. Due to the nature of your appointment it would be helpful if children did not attend your clinic appointment if possible.

The waiting room in clinic 1 is also shared with maternity patients, we recognise that this is not ideal however, if you foresee that this could be a potential problem please could you mention this to reception and we will endeavour to find another area for you to wait.

To ensure your consultation is complete our nurses will take your blood pressure, blood sugar, height and weight measurements and if appropriate an MRSA screen, this involves a swab from your nose and throat. We provide a female chaperone for all intimate examinations.

The nurse will also ask if you have any concerns regarding domestic unease in your home environment.

## Frequently asked questions

### Will I be examined?

You will see the doctor or practitioner for a discussion about your symptoms and they will then decide if an examination is necessary; this may be an abdominal or vaginal examination depending on your symptoms. Most women attending the gynaecology clinic have a gynaecological examination in order to help make a diagnosis and aid their treatment. A vaginal ultrasound scan may also be performed if necessary. Therefore, please ensure you have an empty bladder.

### Can I request a female doctor?

Yes, however this may delay the opportunity to give you an early appointment. If this is an important issue please contact the department in advance to ensure your request can be accommodated.

### Will there be a chaperone?

We will endeavour to ensure a female chaperone is present, and always ensure a female chaperone is present if you are seeing a male doctor.

### Is the examination painful?

The examination can be uncomfortable but should not be unduly painful. If you have concerns about your examination please discuss this with the doctor, nurse in clinic or a senior member of the nursing team on duty.

## What do I need to bring with me?

- A list of medication you take and previously taken.
- A panty liner may be of use should there be any bleeding.
- Last menstrual period date and menstrual diary, if you are still menstruating.
- A sample of urine if you have any urinary symptoms.

You should leave clinic with a clear management plan which may involve a further review of symptoms at a later date, medication to start, an operation planned, re-referral to another specialist or treatment may occur in clinic. Many women can be discharged with a plan after one appointment.

We routinely write to your GP summarising the appointment and management plan. You will receive a copy of this letter. If you are not clear on the agreed plan or other concerning issues please ask to see the Matron of Gynaecology outpatients or write to her or the consultant in charge of your care.

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The Trust cannot accept any responsibility for the accuracy of the information given if the leaflet is not used by RD&E staff undertaking procedures at the RD&E hospitals.

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