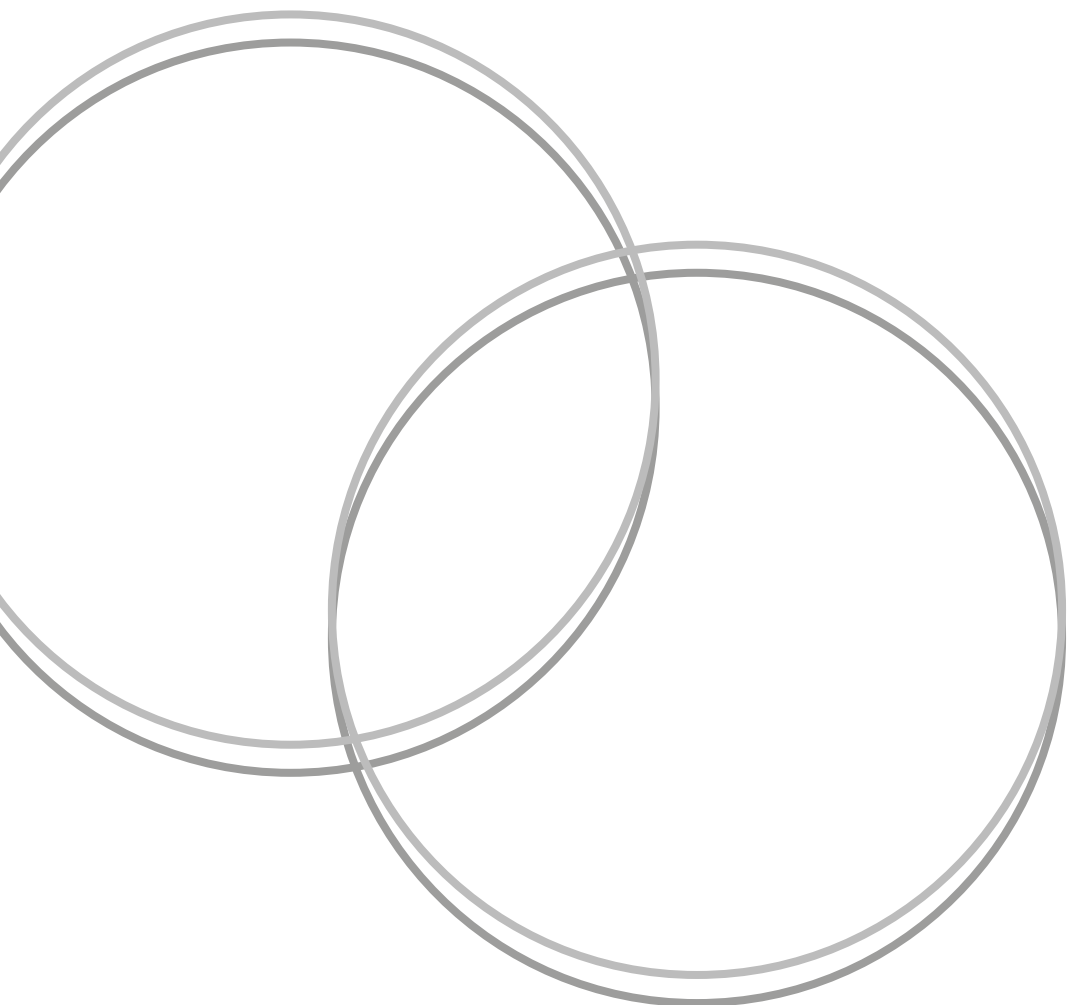


Endometriosis Surgery Patient-Initiated Follow-Up (PIFU)

Information for patients



Traditionally, patients who have had surgery for endometriosis were given a routine follow-up appointment in clinic after their treatment. However, many patients recover well after surgery and do not need to be seen at a fixed time. Routine follow-up appointments are not always needed for every patient and can sometimes cause unnecessary anxiety or inconvenience. Many questions or concerns can also be managed effectively in the community, so we would encourage you to contact your GP in the first instance for advice and support.

PIFU gives you access to the team when you need advice, or if your symptoms do not improve, return or get worse, so that follow-up is based on your individual needs.

What is PIFU?

PIFU stands for Patient-Initiated Follow-Up. It empowers you to take an active role in managing your condition by enabling early recognition of recurrent symptoms or any concerns following your endometriosis surgery. PIFU gives you the flexibility to decide when you need a follow-up appointment, rather than attending routine outpatient appointments at fixed intervals. The aim of PIFU is to provide a responsive service without the need for regular appointments.

Following your surgery for endometriosis, you may be offered access to a **PIFU pathway for 12 months**, if your consultant feels this is appropriate for you. During this time, you can contact the Gynecology department if your symptoms return, worsen, or if you have concerns about your recovery or ongoing treatment.

When you contact the team, your concerns will be reviewed and, you will be offered an appointment in the most appropriate clinic. During this appointment, your symptoms and concerns will be discussed, and appropriate management plan will be discussed, which may include further investigations, treatment, or ongoing follow-up.

When should I contact the team?

You should contact the team if you experience any of the following:

- Return or worsening pelvic pain.
- Painful periods affecting daily life.
- Pain during sexual intercourse.
- New or worsening bowel or bladder symptoms.
- Persistent symptoms after surgery.
- Concerns about medication or hormone treatment.
- Concerns about your recovery.

When should I NOT use PIFU?

PIFU should only be used for concerns related to your endometriosis symptoms or recent surgery. For unrelated problems contact your GP or NHS 111.

How do I arrange an appointment?

Contact gynaecology department within 12 months after surgery and Provide your name, date of birth and NHS/hospital number. The pathway coordinator will book a clinic appointment with a member of the team.

Telephone - **01865 231571**

Email - **gynae.secretaries@ouh.nhs.uk**

Monday - Friday 0900 – 1600

What happens next?

You may receive telephone advice, a telephone consultation, a face-to-face appointment or further investigations if required.

Urgent medical advice

PIFU is not an emergency service. Contact your GP, NHS 111, attend the Emergency Department or call 999 if appropriate.

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Your Thoughts and feelings about PIFU

People often have mixed feelings when they no longer need routine follow-up appointments after their endometriosis surgery. Some feel reassured that they are recovering well and can begin getting back to their normal lives, while others may feel worried about no longer having regular contact with their specialist team.

These feelings are completely normal. Please remember that your specialist will continue to be available to provide advice, support and expertise. Our aim is to ensure that you receive the right care, at the right time, while giving you greater control over your follow-up after surgery.

You may find these websites useful

Oxford Endometriosis CaRe Centre: <https://www.ouh.nhs.uk/services/departments/gynaecology/endometriosis/>

NHS: Endometriosis: <https://www.nhs.uk/conditions/endometriosis/>

Endometriosis UK: <https://www.endometriosis-uk.org/>

Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

Author: The Endometriosis team
October 2026
Review: October 2029
Oxford University Hospitals NHS Foundation Trust
www.ouh.nhs.uk/information



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